My Story of Schizophrenia Experience

Author Karina Curras
Torres

All Rights Reserved Copy Rights

Contents

1. Hallucinations

2. Nightmares

3. Voices Inside My Head

4. Tactical Feelings

5. Thoughts of Being Attacked

6. The Spiritual Warfare

7. Disorganized Behavior

8. Recovering from the Traumatic Experience with Schizophrenia

9. Dealing with the Insomnia

10. Bright Side of My Life

11. 6 to 7 years of Schizophrenia

12. The Need for Asylum

13. Antipsychotic Treatment
14. Psychotherapy and Cognitive Behavior

15. The Causes of Schizophrenia

16. Structural and Neuropathological Changes

17. To Know the Risks Factors

18. My Normal Brain of Before

19. Infantile Autism

20. Post Schizophrenia

21. Antisocial Personality Disorders

22. Actions of Schizophrenia

23. Changes Emotions

24. Changes Movements

25. Changes Behavior

26. Abnormalities with Face and Body

27. Hospitalization: Voluntary and Involuntary

28. Rehabilitation Therapy in Hospital
29. Psychosis Mental Health

30. The Right Attitude

31. Importance of Education of Schizophrenia

32. Effects of Schizophrenia on Family and Friends

33. Does Schizophrenia and Change the Underline of Personality?

34. Does Schizophrenia Change IQ?

35. Should Schizophrenics Drive Cars?

36. How Does Religion Plays a Part in My Life Issues?

37. What Do I See Schizophrenia Being Portrayed in Movies or Series?

38. Is My Schizophrenia Increase or Decrease Over the Years?

39. The Problem with Stigma

40. Decreasing of Stigma

41. The Outpatient Services

42. Quality of Life Measures

43. Exercise

44. Employment Issues in Puerto Rico?

45. How Do I Become Disease of the Mental Health to Me?

46. When the Disease Became Apparent to Me?

47. How Do I Know I was Sick?

48. Since When the Disease Started to Affect My Life?

49. The Causes of My Schizophrenia?

50. Did Religion Influence My Psychosis?

51. The Culture of Puerto Rico How Do They See Schizophrenics?

52. Did I Become more Bipolar or more Antisocial?

53. Did My Anger Issues Affect Me Before Schizophrenics?

54. ‘’Split Personality’’ Before Schizophrenics?

55. I Did Not Know of the Disease?

56. Inability to Respond Correctly to others

57. Altered Sense of Self

58. Decrease of Awareness!

59. The Other Schizophrenia I Did Not Know About

60. 6 Surprisingly Effects of Schizophrenia

61. 6 Things to Learn About Buddhism Quotes

62. 6 Things that Schizophrenia Make Me Invisible to Others

63. How Does Schizophrenia Affect My Life? Skills?

64. How Does Schizophrenia Affect Me Deeply?

65. Top 90 Quotes My Schizophrenia

66. I Think Schizophrenia Will Never Return My Normal Life

67. Why Do I Have Schizophrenia?

68. Schizophrenia: Is Very Bad for Life?

69. When Did My Schizophrenia Become my Reality?

70. Will My Schizophrenia Improve One Day?

71. The Psychosis Affect My Brain?

72. Schizophrenia Affect my Skills of Talking?

73. How Did Stress Play Out a Symptom in My Psychosis?

74. My Neurological Brain Symptoms

75. Symptomology

76. Prodrome Sign

77. My Genetic Family Inheritance

78. Did the Mechanism of My Brain Affect Me?

79. When Did the Cracks of Mental Disorder Begin to Appear?

80. The Complications Affect Me?

81. Did Paranoia Affect My Psychosis?

82. The Environmental Have to Do with My Schizophrenia?

83. Did My Schizophrenia Affect My Organization Order?

84. Psychiatric Disorder

85. Psychoactive Drugs

86. Pathophysiology

87. Counseling

88. Diagnosis

89. Prevention

90. Medication

91. Acknowledgment

92. Appendix A

93. Appendix B

94. Notes

95. Index

96. About the Author

97. Copy Rights

98. About the Publisher

99. Reference

100. The Recovery Model

1. Hallucinations

When first started seeing hallucinations it was hard and horrible my experience first episode with Schizophrenia Paranoia was that I suffer hallucinations of hearing and seeing things such as skeletal wolves with red eyes and black clouds closing in on me and I begin to fighting off those wolves and the horrible dragon that growl at me in the wall of my room in this experience I was alone when it happened to me my dad took notice of my behavior and went to call my mother to take me in the psychiatry hospital he my father grabbed me to take into the car and I didn't want

to go to the hospital because I wanted to stay in home and then again when I went back into my room the hallucination started again repeating itself and lasted into the night and I got tired of it and went out of my room into the living room where is the television and another hallucination started seeing white flashing and I started screaming a lot because I felt hurting bad I lacerated my hands and arms hitting the chair seeing this white hallucination. Ran out of strength and I got tired. Then the paramedics came to treat me and took me on a stretcher to the hospital where they diagnosed me with my condition telling my parents the doctors. My second episode with Schizophrenia Paranoia happened the weekend after my first episode that lasted 15 days in the psychiatric hospital to treat my condition in the living room repeating itself in daylight hallucinations. This was the last time ever and never happened again the hallucinations just vanished and never heard voices again in my head and tactical feelings of being touched. Years have gone by, and this experience might have changed me because I have not been through that before, but I enjoyed being at peace. I did not go through the experience of stigma because the hallucinations did not hurt me badly. Fortunately, my

psychologist and doctors never dealt with me having this weird phenomenon related to stigma like other minority groups have passed through it for several decades. All though people who know me better do not personally negatively see me because I do not have a distinguishing characteristic or personal trait that is thought to be, or is, a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward my mental health condition are not viewed by anyone. For me in my personal view social stigma is structural in society and can create barriers for persons with a mental or behavioral disorder. Structural means that stigma is a belief held by a large faction of society in which persons with the stigmatized condition are less equal or are part of an inferior group. Deal with my condition with the help of my parents and doctors who diagnosed me, and I learn throughout my entire experience overall how it is the treatment being with the symptoms of an illness or even abnormal. In this way, the experience can be like that of certain kinds of depression disorganized symptoms: disorganized thinking, speech, and behavior affect most people with this illness. These are as real to the person with schizophrenia as it would be if someone came in the room and started

talking to you". As I age, I am finding it what happened to me is an experience that could happen to other people not only myself and will forever be in my mind and it will never repeat because years have gone by since then. There exists a cure for this type of illness.

2. Nightmares

The nightmares that torment me at night it was so terrible to experience to see like demons and werewolves that talk and say:" I am going to harm you" nobody values you" You are stupid" "No one wants you" ‘’Hahaha’’ says the evil voices in the nightmares in some way repeating itself in the dreams other dreams are that I am watching down horrific scenes of the devastation of mother nature that the water of the mega-tsunami or mega earthquakes came crashing down on me and people screaming and dying or being chased by werewolves that talk bad things in a dark forest, being chased down and killed by narcotics drug lords of Mafia dangerous gunfire. This type of dream I woke up in a lot of fear and the other ones is that the Angel of Death wants to harm me and cause me a lot of pain by approximating me and showing me a box of death where they put dead people. Seeing the Antichrist in dreams is the most horrific thing preparing an army for

its evil intentions ruling the world and seeing Jezebel being drunk of blood and saying terrible things such as I like the blood of prophets so horrible. These nightmares experience only reflect some of the insecurities I have daily in my set of dreams. Before talked to a therapist about these dreams that really represent what I see in the movies or series on TV, or You tube videos that can also represent dreams like a movie but nothing farther away from reality itself. So, I take note that seeing bad nightmares and awoken themselves in the middle of the night I remember that it could be the TV shows or series I watched before. To remind me to check me out to the doctors when I have these things that have long ago happened when I started on my psychosis symptoms.

3. Voices In my Head

The voices inside my head that happened the day I first realized it was very frequent. When I had them long ago, they said a lot of dreadful things and I did not want to hear them. They gave me frequent goosebumps and nightmares. Although the nightmares have continued in the present day I still remember each one of those dreams really bad ones

in a sense I feel connected to the spiritual presence of what is beyond our imaginations it took me a while to process this information and put it to be in this book you all now read I will give my sense of what I have to go through if anyone has been through this you are not alone in this type of things that happens to everybody who has been with this illness. When I face these situations before I did not take into account what was troubling me to a doctor I let it get worse by the times and sunken into the presence of diabolical beings that scare me each night and not letting my parents know about it and try to shield myself from them by staying in my room and not speaking to nobody of my symptoms sometimes I wanted but too afraid of what they mind say about it and not to anybody of my local Church so that they could pray for me and my deepest fears come to me when I did not want to go out of the house of my parents thinking that someone might harm me in my body so much afraid that I shut the door of my room so that nobody could enter and focused on my imaginations that someone was going to hurt me or killed me did not want to each day that passed long and I was thinking that I was about to die in my room or the spiritual being might harm me instead of anyone. And for being in this stage my body felt the pressure and I started losing weight each time that passed too much to bear and I begin to point in the year 2015 in late

April to crashed down at home and my parents have to help to go in the mental hospital and there I started gaining weight and to have medical attention and that happen to me because of my insecurities being out of my mind and these couple of years have to doctors help to give myself the medical attention needed. It was too hard for my parents and they have to put me in the prayer section of the local Church in order that they could pray for me when I did not want to say nothing to nobody and being too afraid of talking about my personal mental issues and now that I have help of my doctors since 2015 my health has improved my lightly and have my self-confidence and not having nightmares and dreams that are too bad to me and sometimes to remember it all back I will not go to my inner fears that did not let me continued on with my life and that bad presence has been gone forever and feeling better makes me sure and confidence that it will never occurred again itself which affect my health at that time in the year 2015 that year will be on my mind forever to remember that in bad times of my life I need help and spiritual guidance not fighting a battle alone with nobody to help me it was the scary part for me and this has become a learning experience to learn to deal with the supernatural beings that are out there. Now being sure that I won that battle with the help of other spiritual warriors my spiritual life is now in control and

my daily life in control I am grateful that I passed the spiritual test and will continue with my peaceful life.

4. Tactical Feelings

The first time I have ever had this tactical feeling of hallucination of being touched was abnormal. It was surreal. Can describe it as a horrific experience of being alone. Could be a spiritual entity that was trying to harm me in some way but when I discussed with my psychologist said to me that this was all in my head was a hallucination caused by my condition that I must deal with today. This part of me with this type of issue that I never wanted to discuss because it alarms me the most and I know from what I have learned this couple of years of my abnormal psychosis is not there and sometimes some say that has to be associated with the spiritual realm of demons or the supernatural beyond imagination but in reality, is not there for most people that do not believe in that subject. These visual or voices inside my head gave me illusions that never happen to me before and I was feeling like a demented person seeing black shadows and hearing the voices of the diabolical that wanted to harm me and felt the pressure in my body

heavily weight upon me I felt personal if like I was wanted to tell nobody because I was so afraid of what they mind say of me in my local Church or my family members if they think badly of me and begin to cry out at night to God to help me out and it felt to me that he did not answer any of my prayers and felt down low at times like going to Church and he did not speak to me spiritually and feeling that disconnection and not wanted to feel like this in my life and never want again to feel like this because its weight on me but still had the faith that everything might be solved.

Went repeatedly to Church and to my room to pray again my mind at that point was feeling hard and had a lot of hurting physically and wanted the situation to be over to be finished.

5. Thoughts of Being Attack

Thoughts of being attacked by the demonic and satanic spiritual warfare were present in my mind and I could not sleep well at night. All night praying that I could stop the demons tormenting me by saying terrible things to me, but I know that was a hallucination. Began to have insomnia and could not grasp reality itself. I did pray to God, and it was like he could not hear me like he did not exist and begin to smell an odor of flowers that are put in the cemetery always feeling watch something walks behind me in the daytime early in the morning, at lunchtime, and night again and it at Church Sunday it

happens too. It was scary. That very bad presence doesn't torment me now but in that time was very hard for me to through it alone at some point but gain more confidence when other spiritual warriors of my local Church pray for me and that presence begin to be vanished forever in my life hoping that it doesn't come back to torment me hard again and it has not returned, I think that Jehovah God destroys it for good so torment demons will not return. The battle of the spiritual realm I did get the sense of relief from it each day that passed. Body took a toll on that of being attacked spiritually, physically, and mentally healthy and it involves a range of problems with thinking (cognition), behavior, and emotions. Signs and symptoms may vary, but usually involve delusions, hallucinations, or disorganized speech, and reflect an impaired ability to function.

6. The False Spiritual Warfare

The battlefield of the spiritual realm it was like be present all time. But I learn from my religion that taught me to take on my knees every day in prayer in my room alone to overcome the darkness that torments me every

time and seek medical help in my need. Stay focused on the spiritual journey that has helped me a lot and going to Church gives me a sense of peace and tranquility. More than ever to gain what I have learned in this couple of years is to trust in Jehovah God that is with me in my deepest fears and disgorgement and difficulties to lie beyond each battle that I have and the support of my family has been great to me in a sense have to help me a lot their faith and prayers to my struggles and love them dearly much for every step of the way and every obstacle the book of Exodus 14:1416 has shown me the great Jehovah God I have in my life that he will take care of me each day in the sky above me where I know he created the galaxies and beyond.

My spiritual battles I was leaving to him each day of the years and months and weekends that he is in control of my life and love to obey and to remind myself of the commandments, laws, statutes, decrees of his word which is the Holy Bible to read each day and remember of the sacrifice of his beloved son Jesus Christ that die for humanity to have salvation through him. And I gain each day a very peaceful life and faith. My inspiration did come from the learning of Church groups to stay focused is to have faith each day but when I have doubts, I did see and I learned to grow in my personal spiritual life to keep the faith no matter what happens that could be too bad in this world news or local news not focusing on the bad news just the good news of

positive to stay in this inner peaceful mindset and it's was great for me in that time of my life.

7. Disorganized Behavior

My disorganized behavior started before when I enter into my psychic and it went like this I started having issues to present myself in a lot of places like in-home I would stay longer periods in my room not talking with nobody and being afraid that something bad will happen to me the sooner or later I step out of the house it was just like a cycle that never ends and I never felt so much fear and anxiety I wanted to just start running away from the danger of the outside world and started to be antisocial and not talking to nobody about my issues and not going to a doctor to seek out medical help that I need it at that point of my life and it I think it will never again happen to me because I have my family who is very supportive of me and I like to thank them in this very book for helping me out each day I crumbled down in my life and pray for me and take me to Church to have a peaceful mindset. To have this peaceful mindset of my daily life and my disorganized behavior has

come to pass a very long time ago and feeling great that I will continue living in my trusted purpose of life and that is to be happy and to enjoy life is the most important thing to do each day and not being afraid of the darkness of the nights of listening to monster voices that not anymore bother me each day of the nights very grateful that life has to allow me to breathe life again each day to wake up feeling better and the support of my family in the difficult times I passed through. All I can say is that the prayers of my family have been answered by Jehovah God and thanks to him my struggles and difficulties have been lifted out of my shoulders each time when I have good faith by prayer.

8. Recovering from the traumatic experience of Schizophrenia.

This part I like the most from my recovering from this traumatic experience that happen in the year of 2015 but still today have to use the medications to stay well of myself of not having the same things that happen in the past in my mind I have to recover from certain situations that have long happen and to stay happy mindset of distracting

myself to read books in my mind and to listen to audible music of relaxation of Buddhism and be at peace with my mind and with my whole life and not blame myself from the past because it already has pass away and will not repeat itself because the past does not exist no more and I am proud to achieve the impossible of not staying stuck on a Ferris wheel thinking of the thinking like the statue that is like "I am thinking am I am thinking" that continues to be blubbering about the same issues again and again is not healthy lifestyle to have that kind of things running on your system of our brains are brains are more capable to achieve data but not too much somethings we have to press "delete" and for me to do this I have to use yoga of mindfulness with breathing into to my lungs air in my nose and gently let it out from my mouth slowly and felt a lot better and at peace not focusing on the stress of daily life that brings every day and focused on the good things that is so much better.

9. Dealing with Insomnia.

Dealing with insomnia is worse because it affects the brain and does not work better and sometimes when I have it raises principal issues in my mind and is not healthy for my body and to deal with this, I must take meds to control this and sleep better at night.
Insomnia is the worst thing to go through because everybody who suffers from it can lose touch with reality itself. Insomnia is chronic when it happens at least 3 nights a week for 3 months or more and can cause This means you have trouble sleeping because of a health condition (like asthma, depression, arthritis, cancel, or heartburn); pai; medication; or substance use (like alcohol) said the health worldwide organizations. Is better to sleep great than to not sleep at all because it will cause health problems. And this is a reminder.
For me, each day to sleep better and to hear the important things that my doctors say about sleeping and not dealing with insomnia. Nowadays I focused on sleeping better at night at home doing my important projects of daily life, taking my medications, and going to the doctors to deal with my health problems or issues.

10. Bright Side of My Life

The bright side of my life has been to recover from insomnia and the hallucinations and tactical feelings of being touch by something supernatural beyond imagination and for this part I am feeling a lot better than before when having those issues that torment me a lot and those not allowed me to sleep better in each day that has passed by and years. Life was transformed by this psychosis that I have been dealing with this since 2015 at age 20 years old for some they start with this psychosis since the start of their lives and mine has shaped me to my core and has changed me a lot I do not know what caused this psychosis of mine because before I was well and extremely healthy person of my mindset. Hope to make a full recovery when the time comes and to have my normal life without meds and be at peace and tranquility. This part of my life has shaped me as I said in my You tube videos because never has happened to me before and never knew what it meant to have this condition and I thought that it only happens to people that are not so healthy of mentality

and cannot take care of themselves and wanted to everybody
knows about my story of my life. If I did take this to an account of my mental health I wasn't taking care of my health at that time before I would have been careful enough this symptoms of psychosis would never have happened to me and sometimes I feel in my inner self that I have a purpose in my life somewhere inside me and that I am a very special person and through the hardest storm there will always come a sense of peaceful way out of those situations that tend of occurred to everybody of has psychosis symptoms not only myself included to others as well. To share this, it gives me a sense of relief of the acknowledgment of mental illness which I learn every day by reading books and articles and You tube videos of other authors with the same psychosis or different than mine or physical illness.
My state of wellbeing has changed in a couple of years since 2015 and sometimes is the sad notion with anxieties not knowing how to manage them but with medical assistance I can manage it well to conquer the inner fears of the past and to learn that in every adversities or obstacle could conquer it by using the equipment like yoga of relaxations with mindfulness and prayer that really helps too and have mental clarity and have that help always in my ups and downs in my daily life have been like a roller

coaster and sometimes I feel one day in the top of the world and sometimes rock bottom with the insecurities of the past that sometimes is hard to bear and the fear nightmares of every day that sometimes repeats itself in those dreams but with the peaceful mindset to have every day is good to me. In the meantime, I do daily tasks to clean my room and do the dishes to entertain myself and make it a good distraction. Got much to learn in my daily life and other videos of mine, I say that I wanted to study languages and that I have learned a bit of Russian and French too learning with classes online at home because of Covid-19 I cannot go out like in times before with no mask in the good old days. The day when I was at the hospital I remember to seeing white flashes and seeing a hooded men with long swords trying to harm me but none care to see them because they the paramedics and my family did not see them just only me and none else that over wellbeing feeling of the presence of that hooded men with swords followed me into the hospital and gave me a lot of frightening goosebumps and I did not wanted to see it was so terrible and it got worse when I went inside the hospital I felt cold too much cold and the feeling that they were watching me and then much later on that presence went about as it came and I begin to realize that they were gone forever never to return again to harm me and it did not let a mark on my body the only thing I noticed is that I

lose a lot of weight of my body and I remember that I couldn't spoke very well and couldn't write and I did not recognized my parents at all if like my memory was cut short and I felt like I was cursed or something like that and hope that it never happens again and the demonic dogs of skeleton did not follow me to the hospital with red eyes and the frightening dragon that with his red eyes and the other thing I noticed has a biblical figures of the King of Persia and the other one was a Prince but I don't know of which kingdom it was but they were very bad looking with swords and the red eyes again and felt so much attacked in that day and the other day I went in to the hospital 2 times in separated weekends of April of 2015. The other experience I saw was a throned king with red eyes and white clothes I felt in another place when I was at my parents' house. I am amazed at the supernatural on how it demonstrates to me that it existed and in the past, I did not believe in this kind of stuff and I thought this was all made up but no I realized it is real for me and I have a project on this kind of supernatural in my new brand channel of You tube that is called Mystery Mercury there I will be talking in live streaming about it of my personal experiences and the mysterious things that have happened in the past all around the worldwide. Since I was a baby, my parents got me into the Baptist Church and there, I learned things about the supernatural but did not understand it well.

For me this was false, or fake might I called it to reach the point of being tormented by demons or ghosts was too frightening an experience. Sometimes I felt a lot of anger and frustrations because I felt confused about the Holy Bible in the early years of adolescence and not even, I felt tired of it reading that book I did not understand and the topics of Baptist religion and the other religion like Pentecostal and why did they speak too much of the devil and his demons did not understand that doctrine. In all that time I did not use drugs or any substance that would have provoked this condition that I have since the year 2015 and I did not let it know to anybody that I was confused about what religion to follow. The hallucinations were very hard to experiment and could not return to my reality and I felt weak and felt bad and I did not want to go out of my room because I felt fear that someone might harm me and I went into my closet of my room for the fears that someone was going to hurt me and wanted to stay in my room all day and not going out is something common in the schizophrenics that they tend to see others that might harm them or posed a threat to their lives of what I see and hear about other stories and they reflect insecurities and too me it happens to the same thing sometimes that I don't want to go out for the fear of mine but this I control it with yoga that makes feel a lot better each day I practiced it at home and I don't really go out much because of the

pandemic of Covid-19 and don't want to get sick of it in the good old days nobody was wearing masks at all but that is something of the past now because it will never be like that never again the pandemic has certainly changed the world and have to everybody take care of not getting the illness. But if I receive the vaccination, I will never stop wearing the mask. The nightmares continued but not like before that brought me a lot of frightening dreams this situation has stayed with me a lot years and have to get a custom to have it until the present day of my life and I know that this psychosis will stay with me forever and can't get rid of this not with medications nor the voices of the supernatural or hallucinations can't go away it will stay with me for my entire lifetime permanently although that this condition will continue to define me as a person and will not return to my normal self and staying focused on the good things like reading, yoga, running, walking, mindfulness that has worked well on my life for the longest part of the process and my doctors have to stay with me through all these years. Insomnia for me was hard and not having a relapse of it not sleeping well with many anxieties in reality that have gone away to passed a long time ago but at that time couldn't be connected with reality itself and the frustration for me the fears gave me the demons that tormented me whatever it could be named and saw a lighting and black shadows passing through in my

room and felt not alone at that time whatever it was wanted not to let me be at peace with my life the terror of the night every time the night come it begin to harm me and did not like it at all. Idea that I get from drafting this book is about the paranormal and my mental health is that those typical things are quite different from each one and had to dealing with both situations and learning how to manage with seriousness. Remind treatment pharmacology is based on antipsychotics the schizophrenia for far pauses genetic or chemical in the mind or is it attributed through the development to be sincere film cost difficulty show emotions interact with other people the other thing I thought is that people or reading my mind controlling my emotions or stars hurt me the life expectancy of schizophrenics says global data account around 10 to 20 years committed suicide all the symptoms can say disappointing is the is one of them after care of their mental health always in their daily lives. Costly can affect really for working on daily tasks or a normal job and I passed through an experience of psychosis mystic episode when I saw it caused me a lot of anxiety. Mine effect of the schizophrenic no control is the high contrast or the frontal lobe of the mind that it can be accompanied by other simulations and delirious there are different types of schizophrenics like paranoid, catatonic residual and disorganize the paranoia is the one I

have and the one what's the symptoms of positive and negative perfect when I was rehabilitated 2 times on the hospital of my condition and have no signs of returning to the hospital or factors of psychosis and staying with a very positive mindset of the other thing what the doctors called the'' open door of going inside to return''. In my therapy does not include family therapy or group therapy because of nowadays of the pandemic Covid19. The perception of me as a patient with mental health is, I am hoping to make a full recovery soon and hoping to have no indications of going back again to the hospitals. Conduct has been great at times and low sometimes when I passed the experience of the Hurricanes and Tropical Storms that stroked Puerto Rico in late 2017 and the other of the Earthquakes in 2019 to progress to 2021 still in the southwestern part of the island. Schizophrenia for me is something that must be taking care of every day with psychological and psychiatric doctors.

11. 6 to 7 years of Schizophrenia

This Schizophrenia has been long-term since 2015. Sometimes that psychosis can last long due to the extent of the diagnosis symptoms says in articles on the internet. Schizophrenia has changed my life as I said before in other chapters of this book and my YouTube It disables my brain disorder that may cause a person to hear voices and misinterpret reality. In

some cases, schizophrenic patients believe people are plotting to harm them, which causes extreme agitation or depression. "This kind of alternate reality that I lived in—that's very scary. That's very disturbing." To know that I have to wake up in a sense that my normal life is gone forever and now this condition will stay with me through my 20 years old to the present day and it's a very hard thing to deal with it all the time and to worry much of not getting the same symptoms of before and have to do the daily task of checking myself in the early mornings and to plan what to do to stay entertained with movies on TV or in the computer and the other chores of cleaning my room, to listen to music mostly Christian and doing drawings of my creativity and imaginations and writing short and long books. A brief psychotic disorder lasts for one month or less and usually only occurs once, whereas schizophrenia is defined by symptoms or its precursors that lasts for a period of six months.

Research shows that more than 2.5 thousand people were treated for schizophrenia disorder in 2018 in Columbia.

While many people think that Schizophrenia is a multiple personality disorder, it is confusing, but it is just a loss of thoughts from reality and the victim may seem to live in a world of imagination.

12. The Need for Asylum

The need for asylum for every individual who has schizophrenia at a mental hospital were the staff are starting the work day routine the first taste of this structure comes it's time to get up at the same time every day usually at 7am you will hear the knock at your door this is one of the staff doing his morning checks they want to make sure that all the residents are okay after the right and this is usually accompanied by a warning that breakfast will be served in half an hour.
Mealtimes are usually carefully structured and everyone who has the freedom to wander to the facility will have to be in the cafeteria at the right time to ensure they do not miss the most important meal of the day. The menu in a mental facility is simple can be your old school lunchroom or the cafeteria in an office building there they usually served a simple bowl of cereal with milk or many facilities will offer-style breakfast like pancakes or eggs how good the food will be varies by facility but there will be usually be daily specials so something to look forward to on your favorite day of the week but this isn't any cafeteria the staff or drinks that might interact negatively with medication will be kept away from

residents who could be impacted negatively. So, some night has to go without that morning cup of coffee. That is not only are where residents' foods habits may be supervised. It is after mealtimes this is for a number of reasons some might eating disorders that would lead them to try others, who are on medications, need to be supervised to make some they do not pocket any supplies-like utensils that could be used for a dangerous purpose back in the room. There are many reasons someone could up in a mental health facility, and they might warrant various levels of security. Some check voluntarily for treatment this is common when someone is struggling with an eating disorder.

13. Antipsychotic Treatment

Thirty percent of schizophrenia patients do not respond to the therapy. Previous MRI studies have suggested that drug treatment resistance is associated with brain morphological abnormalities, although region-of-interest analysis of MR studies from nonresponse and responder patients failed to demonstrate a statistically significant difference between these two schizophrenia subgroups. We have used a voxel-based analysis of segmented MR studies to assess structural cerebral differences in twenty nonresponse and fifteen responder patients and sixteen age matched normal volunteers.

Differences between the three groups emerged bilaterally mainly at the level of the superior and middle

frontal gyri, primarily due to reduced grey matter volumes in nonresponses, as compared to both normal volunteers and responder patients. Post hoc direct comparison between the two schizophrenia subgroups demonstrated significantly reduced grey matter volumes in middle frontal gyrus bilaterally, in the dorsolateral aspects of left superior frontal gyrus extending into postcentral gyrus and in the right medial temporal cortex. Our results extend and integrate previous findings suggesting a more severe atrophy in nonresponse schizophrenia patients, compared to responder patients, at the level of the superior and middle frontal gyri. Longitudinal studies in drug naive patients are needed to assess the role of these associations. Antipsychotics represent the mainstay of schizophrenia pharmacological treatment; however, 20% to

Thirty-five percent of people affected by schizophrenia, under optimal antipsychotic treatment and when all major cofactors are controlled for, fail to respond to antipsychotics [1–6]. Treatment-resistant schizophrenia patients show a reduced quality of life, increased drug abuse [7], and reduced cognitive performance compared to patient's responders to the treatment [8].

Understanding the mechanisms of treatment response is relevant to schizophrenia pathophysiology and to the therapeutic implications. However, treatment -resistant schizophrenia, since its initial definition introduced by

Kane and collaborators in the Multicenter Clozapine Trial [9], remains a post hoc diagnosis based on the clinical course. Clinical features at diagnosis such as poorer premorbid function, an earlier age at onset of positive symptoms, male gender, family history of schizophrenia, longer duration of untreated psychosis, severe negative symptoms, presence of soft neurological signs, absence of precipitating factors, and a history of substance abuse can only partially predict resistance to the treatment [10–13].Although it has been speculated that brain imaging, both structural and functional, could contribute to the identification of biological variables related to treatment response or resistance, to the best of our knowledge there are only a few imaging studies on the putative structural correlates of drug-resistance [14–22], which overall suggest that a more severe pattern of brain alterations may underlie treatment resistance. Fifty-one subjects were studied.

Fifteen Resp-SC and twenty Nonces-SC male patients were sequentially enrolled among the patient population referring to the Psychiatry Section, Unit of Treatment Resistant Psychosis at the Department of Neuroscience of the University of Naples Federico Inexecution criteria for patients were left-handedness; age below 18 years; evidence of cardiovascular, metabolic, or neurological impairment; previous head injuries requiring hospitalization; history of mental retardation, alcoholism, substance dependence over the previous 3 years or

abuse over the previous 6 months; head injury or electroconvulsive therapy; and lack of willingness to participate to the study.

14. Psychotherapy and Cognitive Treatment

The psychotherapy and cognitive treatment are to have this for the thoughts of negatively be focused on the positively thoughts so in retrospect. I like this kind of therapy because it helps me so much to improve my life of my mind set and getting the positively stem of doing exercise of running and walking it has help to improve my health and to be relax of the excess stress out moments like searching for a job and it's not possible and wanting to be more independent of this part usually but this therapy has shown me not having bad things of my mind and a disorganize thoughts like it tend to happen in the past of my life and well I noticed that part of me that it wasn't right to do in front of people but been silent that I did not know about and I have to be careful for the day forward in the stage of leaving the hospital and not returning back. Cognitive therapy is a treatment process that helps patients correct false self-beliefs that lead to certain moods and behaviors. The fundamental principle behind cognitive therapy is that a thought precedes a mood, and that both are interrelated with a person's environment, physical reaction, and

subsequent behavior. In this chapter we outline the cognitive theory of psychopathology and describe treatment procedures that follow from the theory. We then consider evidence for the efficacy of the treatment approach, as well as evidence concerning the critical elements of cognitive therapy (CT). We conclude with future directions for research on CT. (PsycINFO Database Record (c) 2016 APA, all rights reserved).
CT treatment is goal-oriented, time-sensitive, educative, and collaborative, and it is based on an information processing model. The cognitive model posits that the way people perceive their experiences influences their emotional, behavioral, and physiological reactions.

15. The Causes of Schizophrenia
The causes of schizophrenia may be cause by a family member one caring who has the disease either be paternal or maternal and the other symptoms may be the stress out moments that tend to happen in life, rushing into big problems, divorces, break of relationships, or a loved one may have died recently.
The risk of depression and loneliness, extreme sadness all can cause schizophrenia and like been paranoia of thinking that someone might harm you or even poison you in a drink or food it is a constant worry about the patient in their minds and creating false scenes: been suicidal, death coming closer ‘’ angel of death’’ or the devil might possessive you. This all are terrible

symptoms to have if you have this call your doctor immediately or visit a hospital nearby your home this may become serious. Genetic factors. A predisposition to schizophrenia can run in families, Biochemical factors. Certain biochemical substances in the brain are believed to be involved in schizophrenia, especially a neurotransmitter called dopamine, Family relationships, Stress, Alcohol, and other drug use. The exact causes of schizophrenia are unknown. Research suggests a combination of physical, genetic, psychological, and environmental factors can make a person more likely to develop the condition. Some people may be prone to schizophrenia, and a stressful or emotional life event might trigger a psychotic episode. Seventy percent of people with schizophrenia will experience hallucinations. Auditory hallucinations are most experienced by people with schizophrenia and may include hearing voices—sometimes multiple voices — or other sounds like whispering or murmuring Most commonly though, people diagnosed with schizophrenia will hear multiple voices that are male, nasty, repetitive, commanding, and interactive, where the person can ask the voice a question and get some kind of answer."

16. Structural and Neuropathological Changes

Several factors have been proposed as being linked to schizophrenia: genetic, psychological,

endocrinological, metabolic, environmental, virological, and autoimmunological factors, as well as neurotransmitter systems and structural disorders of the brain. The defining features of a schizophrenia diagnosis are hallucinations, delusions, paranoia, and thought disorder; these experiences are manifest in multiple sensory modalities and include abnormalities in all aspects of thought, cognition, and emotion.
Chemistry: Scientists believe that people with schizophrenia have an imbalance of the brain chemicals or neurotransmitters: dopamine, glutamate, and serotonin. These neurotransmitters allow nerve cells in the brain to send messages to each other. dysregulation of multiple pathways in its pathophysiology. Dopaminergic, glutamatergic, and GABAergic neurotransmitter systems are affected in schizophrenia and interactions between these receptors contribute to the pathophysiology of the disease. the structure and functioning of a number of key brain systems, including prefrontal and medial temporal lobe regions involved in working memory and declarative memory, respectively. Imaging techniques provide an unparalleled window into these changes, allowing repeated assessments across pre- and post-onset stages of the disorder and in relation to critical periods of brain development. Here we review recent directions in structural and functional neuroimaging research on schizophrenia. The view emerging from

this work is that schizophrenia is fundamentally a disorder of disrupted neural connectivity, the sources of which appear to be genetic and environmental risk factors influencing brain development both prenatally and during adolescence.

17. To Know the Risks Factors

Risk factors for schizophrenia include a family history of the disorder, a father who is older in age, autoimmune system abnormalities, and drug abuse during adolescence and early adulthood. Complications during pregnancy or birth are linked to schizophrenia. Having a family history of schizophrenia. Some pregnancy and birth complications, such as malnutrition or exposure to toxins or viruses that may impact brain development.
Taking mind-altering (psychoactive or psychotropic) drugs during teen years and young adulthood.
Early environmental risk factors for schizophrenia include urban and winter birth, fetal malnutrition and hypoxia, and prenatal viral infections; these early hazards have only a modest risk-increasing effect and operate in the context of genetic risk. Researchers do not yet know exactly what causes some people to develop schizophrenia. There is an extraordinarily strong genetic component to schizophrenia. However,

genes alone do not completely explain the illness. Most scientists believe that genes do not cause schizophrenia directly but do make a person vulnerable to developing the disorder. Scientists are studying many factors that might cause a person with a genetic predisposition to develop schizophrenia. The evidence of a genetic predisposition to schizophrenia is overwhelming. The frequency of schizophrenia in the general population is slightly less than 1 percent. Being related to someone with schizophrenia, though, increases your risk of developing schizophrenia. Just as with other medical and mental health conditions, genetic predisposition plays a role in whether someone will develop symptoms of schizophrenia.

18. My Normal Brain of Before

A new study has found that schizophrenia could originate as early as the first 12 weeks of pregnancy, which means we might be able to eventually treat it in utero before birth. Prenatal stress as discussed earlier, maternal stress in pregnancy increases the risk for onset of schizophrenia. Research suggests schizophrenia may be caused by a change in the level of two neurotransmitters: dopamine and serotonin.

Some studies indicate an imbalance between the two may be the basis of the problem. Others have found a change in the body's sensitivity to the neurotransmitters is part of the cause of schizophrenia. Schizophrenia is associated with changes in the structure and functioning of a number of key brain systems, including prefrontal and medial temporal lobe regions involved in working memory and declarative memory, respectively.

Schizophrenia is thought to be caused by a mixture of genetic and environmental factors. But new research suggests that complications during pregnancy could increase five-fold the child's risk of developing schizophrenia later in life in high-risk individuals. In schizophrenia, dopamine is tied to hallucinations and delusions. That is because brain areas that "run" on dopamine may become overactive. Antipsychotic drugs stop this. Glutamate is a chemical involved in the part of the brain that forms memories and helps us learn new things. Andreasen's team learned from the brain scans that those affected with schizophrenia suffered the most brain tissue loss in the two years after the first episode, but then the damage curiously plateaued—to the group's surprise. Left untreated, schizophrenia can result in severe problems that affect every area of life.

Complications that schizophrenia may cause or be associated with include Suicide thoughts anxiety disorders and obsessive-compulsive disorder.

19. Infantile Autism

Infantile autism is a developmental disability characterized by onset of disturbances in social and language development before the age of 30 months. It must be distinguished from several disorders, including mental retardation and schizophrenia. Most evidence supports an organic basis for the syndrome. Some signs of autism can appear during infancy, such as: limited eye contact. lack of gesturing or pointing. absence of joint attention. There are five major types of autism which include Asperger's syndrome, Rett syndrome, childhood disintegrative disorder, Kanner's syndrome, and pervasive developmental disorder – not otherwise specified. Repetitive behaviors like hand-flapping, rocking, jumping, or twirling. Constant moving (pacing) and “hyper” behavior. Fixations on certain activities or objects. Specific routines or rituals (and getting upset when a routine is changed, even slightly) Extreme sensitivity to touch, light, and sound.
But up to half of parents of children with ASD noticed issues by the time their child reached 12 months, and between 80% and 90% noticed problems by 2 years. Children with ASD will have symptoms throughout their lives, but it is possible for them to get better as they get

older. The autism spectrum is very wide. Some people might have very noticeable issues, others might not. The common thread is differences in social skills, communication, and behavior compared with people who are not on the spectrum. A child with ASD has a tough time interacting with others. Problems with social skills are some of the most common signs. They might want to have close relationships but not know how.
About 40% of kids with autism spectrum disorders do not talk at all, and between 25% and 30% develop some language skills during infancy but then lose them later. Some children with ASD start talking later in life

20. Post Schizophrenia

Post-schizophrenic depression is a "depressive episode arising in the aftermath of a schizophrenic illness where some low-level schizophrenic symptoms may still be present." Someone that suffers from post-schizophrenic depression experiences both symptoms of depression and can also continue showing mild symptoms of How Long Does Schizophrenia Last? Ten years after diagnosis: 50% of people with schizophrenia are either recovered or improved to the point that they can work and live on their own. Currently, there is no cure for schizophrenia, but the illness can be successfully treated and managed. The key is to have a dedicated support system in place and get the right treatment and self-help for your needs. You can enjoy a fulfilling,

meaningful life. Residual schizophrenia symptoms: lack of emotion, social withdrawal, constant low energy levels, eccentric behavior, illogical thinking, conceptual disorganization, frank vocalizations. If left untreated, schizophrenia can cause extreme physical, emotional, and behavioral problems that affect every area of the person's life. Prompt diagnosis and adhering to a detailed treatment plan is imperative to lead a normal, happy life.
Complications and effects of untreated schizophrenia may include Depression.
People with schizophrenia have trouble inferring other people's mental states. Eye-gaze direction is a ubiquitous social cue that we use to direct attention and infer what other people are thinking, what their intentions are
Because the nature of acute schizophrenia is like depression, it is difficult to differentiate normal levels of depression in patients with schizophrenia from depressive levels in post schizophrenic depression.

21. antisocial personality disorders

Antisocial personality disorder (APD) is more prevalent among persons with schizophrenia than in the general population. For me, the antisocial personality that I find myself with it is some other traits of my schizophrenia

that have become part of my life and it will stay with me until I finished my full recovery. An antisocial personality disorder is characterized by a pervasive pattern of disregard for consequences and the rights of others. People with antisocial personality disorder go after what they want without considering the consequences for themselves or others and without feeling any remorse or guilt.

Doctors diagnose antisocial personality disorder based on symptoms, including disregard for consequences and for the rights of others and use of deceit and/or manipulation to get what they want.

An antisocial personality disorder is difficult to treat, but cognitive-behavioral therapy and certain drugs may help lessen aggression and impulsive behavior.

Personality disorders are long-lasting, pervasive patterns of thinking, perceiving, reacting, and relating that cause the person significant distress and/or impair the person's ability to function.

22. Actions of Schizophrenia

The actions of my schizophrenia Hallucinations: people with schizophrenia might hear, see, smell, or feel things no one else does.

Delusions. These are beliefs that seem strange to most people and are easy to prove wrong. ...

Confused thoughts and disorganized speech. ...

Trouble concentrating. ...

Movement disorders.

That all happened to me that way I did not feel right to have all actions of schizophrenia that continued to affect my mental health. Schizophrenia changes how you think, feel, and act. It might affect you differently from someone else. The symptoms can come and go, too. No one has all of them all the time. When the disease is in full swing and symptoms are severe, the person with schizophrenia cannot tell when certain ideas and perceptions they have are real or not. This happens less often as they get older.

People with the condition usually are not aware that they have it until a doctor or counselor tells them. They will not even realize that something is seriously wrong. If they do happen to notice symptoms, like not being able to think straight, they might chalk it up to things like stress or being tired.

If you are concerned that you or someone you know is showing signs of schizophrenia, talk to a doctor or counselor.

23. Changes Emotions

Flat affect (diminished emotional expression) is a hallmark symptom of schizophrenia, although it may also affect those with other conditions. It is a lack of showing emotion characterized by an apathetic and unchanging facial expression and little or no change in the strength, tone, or pitch of the voice. In conclusion, patients with schizophrenia showed more intense and variable negative emotional experiences than controls. In contrast, positive emotions were less intense, and the overall variability of positive emotions was reduced.
Behavioral blunting of affect was unrelated to self-reported emotional experience. By incorporating methods and theories from affective science, researchers have been able to discover that people with schizophrenia exhibit very few outward displays of emotion but report experiencing strong feelings in the presence of emotionally evocative stimuli or events.

Their behavior may be very strange and even shocking. A sudden change in personality and behavior, which happens when people who have it lose touch with reality, is called a psychotic episode.

How severe schizophrenia varies from person to person.

24. Changes Movements

Movement disorders have been reported in people with schizophrenia, with tardive dyskinesia among the most reported. This disorder is a 'hyper-kinetic (excessive movement) disorder, characterized by jerky, involuntary movements, usually of the face and/or limbs. There is usually a milder form of the condition first that includes depression, sleep changes, anxiety, poor concentration, and social isolation. This early phase usually lasts 2 to 5 years. After this time, patients usually develop positive symptoms (like hallucinations).

Psychomotor problems may appear as clumsiness, unusual mannerisms, or repetitive actions, and in extreme cases, motionless rigidity held for extended periods. Negative symptoms reflect a loss of functioning in areas such as emotion or motivation.

25. Changes Behavior

People may talk and not make sense, or they make up words. They may be agitated or show no expression. Many have trouble keeping themselves or their homes clean. Some repeat behaviors, such as pacing. A sudden, undesired, or uncontrollable change in your personality may be a sign of a serious condition. Several mental illnesses can lead to personality changes. These include anxiety disorders, borderline personality disorder, dementia, and Schizophrenia is a chronic brain disorder that affects less than one percent of the U.S. population. When schizophrenia is active, symptoms can include delusions, hallucinations, disorganized speech, trouble with thinking, and lack of motivation.
Schizophrenia. People with schizophrenia experience psychosis, which means they can have serious problems with thinking, emotions, and knowing what is real and what is not.
There are five types of symptoms characteristic of schizophrenia: delusions, hallucinations, disorganized speech, disorganized behavior, and the so-called "negative" symptoms. However, the symptoms of schizophrenia vary dramatically from person to person, both in pattern and severity.

26. Abnormalities with Face and Body

Physical health is also important because if it is compromised, many of the benefits of improved mental health will be offset. Compared with the general population, schizophrenia patients are at increased risk of weight gain, abdominal obesity, diabetes, metabolic syndrome, and cardiovascular disease.

Schizophrenia has much higher rates of physical illness compared with the general population, and this contributes to startlingly high rates of premature death. People with the disorder die 15 to 20 years earlier than the average person.

This poor physical health has often been seen as a secondary effect of illness. Antipsychotic drugs, for example, are associated with an increased risk of weight gain and type 2 diabetes. Lifestyle factors have been thought to play a part, too. A person with debilitating mental symptoms is more likely to forgo exercise and have a poor diet.
However, in recent years, scientists have observed that people who have recently been diagnosed with schizophrenia and who are not on any medication yet show evidence of physiological changes, such as an overactive immune system

27 . Hospitalization: Voluntary and Involuntary

The people with schizophrenia ranged in their longest hospitalization from less than one month to over 36 years. In the past, many with schizophrenia ended up in hospitals for long stays. Due to medication treatments today, the frequency and length of hospital stays have been reduced. It may still be needed for the most severe cases. Typically, inpatient hospitalization is only needed for short periods. This allows for acute psychotic episodes and crises to be intensively managed. Hospitalization is a time to get new patients started on medications, to evaluate or change existing medications, or to re-introduce medications to patients who have stopped taking them. Usually, people remain hospitalized for the shortest amount of time necessary to make these changes and to ensure that they will be safe when leaving the hospital. If the patient is unresponsive to treatment, they will remain hospitalized for a longer period. This allows for different treatments to be tried until a successful one is found. While in the hospital, patients are free to walk around their hospital unit and interact with other patients. However, the unit itself may be "locked" so that they cannot easily leave

without going through a proper and approved discharge.

28. Rehabilitation Therapy in Hospital

In the hospital environment, medications are only one part of the therapeutic program. Other therapies offered to patients include psychiatric consultation, and group or individual psychotherapy. Psychiatric consultation provides an opportunity for patients to speak directly with doctors, who monitor symptoms and create or adjust treatment plans as needed.

During group therapy, therapists help patients to help each other with reality testing and interpersonal problems they may have. The highly structured schedule of hospital life provides another type of therapy called "milieu" therapy. In this therapy, order and structure are placed upon patients who cannot do this for themselves. This may include making sure patients eat and sleep on a regular schedule. Milieu therapy was more important in the past when hospital stays were longer and there were no medication treatments. However, but it remains a benefit of hospitalization. Sometimes after a patient leaves the

hospital, a therapeutic community residence offering continuing milieu therapy may be available, so that patients can live in a well-controlled environment all the time.

29. Psychosis Mental Health

The term schizophrenia refers to a diagnosis in which a person experiences some psychotic symptoms for at least six months, with a significant decline in the person's ability to function. The symptoms and length of the illness vary from person to person. Psychosis is a general term to describe a set of symptoms of mental illnesses that result in strange or bizarre thinking, perceptions (sight, sound), behaviors, and emotions.
Psychosis is a brain-based condition that is made better or worse by environmental factors - like drug use and stress. Positive symptoms are highly exaggerated ideas, perceptions, or actions that show the person cannot tell what is real from what is not. Here the word "positive" means the presence (rather than absence) of symptoms. They can include:

Hallucinations. People with schizophrenia might hear, see, smell, or feel things no one else does. The types of hallucinations in schizophrenia include:

Auditory. The person most often hears voices in their head. They might be angry or urgent and demand that they do things. It can sound like one voice or many.
They might whisper, murmur, or be angry and demanding.
Visual. Someone might see lights, objects, people, or patterns. Often, it is loved ones or friends who are no longer alive.

30. The Right Attitude

Given the effects of stigma on mental illness, various advocacy groups believe that changing public attitudes will diminish stigma, stop discrimination, and enhance the quality of life of people with psychiatric disability. Misconceptions and inaccurate attitudes about persons with severe mental illnesses such as schizophrenia severely affect the lives of persons with these disorders. People with the condition usually are not aware that they have it until a doctor or counselor tells them. They will not even realize that something is

seriously wrong. If they do happen to notice symptoms, like not being able to think straight, they might chalk it up to things like stress or being tired. A diagnosis of schizophrenia is not a life sentence of ever-worsening symptoms and recurring hospitalizations. With the right treatment and self-help, many people with schizophrenia can regain normal functioning and even become symptom-free.

31. Importance of Education of Schizophrenia

It is important to also Educate them about their illness. With the help of education, most people with schizophrenia can have satisfying relationships, work, or pursue other meaningful activities, be part of the community, and enjoy life. The study of schizophrenia spectrum illness, including schizotypal personality disorder, has added important insight into the etiology, neuropathology, and treatment of schizophrenia, which can facilitate early identification, intervention, and prevention of the illness. Results. Individuals with schizophrenia were selectively impaired in their ability to generalize knowledge, despite having intact learning and memory accuracy. This impairment was found only in individuals tested off medication. Individuals evaluated on medication generalized as well as healthy controls. It is important to also Educate about the illness. With the help of education, most people with schizophrenia can have

satisfying relationships, work, or pursue other meaningful activities, be part of the community, and enjoy life.

32. Effects of Schizophrenia on Family and Friends

Individuals with schizophrenia may be emotionally unavailable because of preoccupation with their mental stress. As a result, family members may feel rejected and lonely. B. Family members often experience these negative symptoms as more disturbing than the other (positive) symptoms. Family responses to having a family member with schizophrenia include care burden, fear, and embarrassment about illness signs and symptoms, uncertainty about the course of the disease, lack of social support, and stigma. Schizophrenia frequently causes problems in social and cognitive functioning. For instance, people with the disorder may

experience problems communicating with others and maintaining attention and concentration.

33. Does Schizophrenia and Change the Underline of Personality?

Their behavior may be very strange and even shocking. A sudden change in personality and behavior, which happens when people who have it lose touch with reality, is called a psychotic episode. How severe schizophrenia varies from person to person. Involves a range of problems with thinking (cognition), behavior, and emotions. Signs and symptoms may vary, but usually involve delusions, hallucinations, or disorganized speech, and reflect an impaired ability to function. 1: It means you have multiple personalities.
This is one of the biggest misunderstandings about schizophrenia. One poll found that 64% of Americans believe the condition involves a split personality, which means someone acts like they are two separate people.

Some of the most common symptoms of schizophrenia are hallucinations and delusions, which include hearing voices in your head and acting on false beliefs. This is different from multiple personality disorder, or, more accurately, dissociative identity disorder (DID).

34. Does Schizophrenia Change IQ?

Individuals with schizophrenia showed a decline in IQ as well as a range of different mental functions, particularly those tapping processing speed, learning, executive functioning, and motor functioning. Schizophrenia patients are typically found to have low IQ both pre- and post-onset, in comparison to the general population. However, a subgroup of patients displays above average IQ pre-onset. The nature of these patients' illness and their relationship to typical schizophrenia is not well understood. While schizophrenia typically causes hallucinations and delusions, many people with the disorder also have cognitive deficits, including problems with short- and long-term memory. Most people with schizophrenia are violent or dangerous. In movies and TV shows, who is the crazed killer? Often, it is the character with this condition. That is not the case in real life. Even though people with schizophrenia can act unpredictably at times, most are not violent, especially if they are getting treated. People with schizophrenia are more likely to be victims of violence.

They are also more likely to harm themselves than others – suicide rates among people with schizophrenia are high.

35. Should Schizophrenics Drive Cars?

Public Safety asserts that most people under active treatment for schizophrenia are “relatively safe” drivers, and clearly says that one’s accident and violation record is a better predictor of driving risk than is a psychiatric diagnosis. Still, drugs like clozapine can impair driving skills. Having a mental illness does not always mean you cannot drive safely. But some drivers need to take extra care or may become too unwell to drive. Having a mental illness does not always mean you cannot drive safely. But some drivers need to take extra care or may become too unwell to drive. Antipsychotics can affect your concentration and make you feel drowsy. This could affect how well you can drive especially when you first start taking the medication. You should consider stopping driving during this time if you are affected. His general cognitive status predicted the actual driving situation in people with schizophrenia. No statistically significant differences were found between driving and non-driving persons with schizophrenia on any of the

visual parameters evaluated, although these abilities were significantly lower than those of DWS.

36. How Do Religion Plays a Part in My Life Issues?

Available evidence suggests that for some patients, religion instills hope, purpose, and meaning in their lives, whereas for others, it induces spiritual despair. Patients with schizophrenia also exhibit religious delusions and hallucinations. Religion and spirituality exert a significant role in the lives of many individuals, including people with schizophrenia. However, the contribution of religion and spirituality to various domains (psychopathology, explanatory models, treatment-seeking, treatment adherence, outcome, etc.) has not received much attention. In this article, we review the existing data with regards to the relationship of religion, spirituality, and various domains in patients with schizophrenia. Available evidence suggests that for some patients, religion instills hope, purpose, and meaning in their lives, whereas for others, it induces spiritual despair. Patients with schizophrenia also exhibit religious delusions and hallucinations. Further, there is some evidence to suggest that religion influences the level of psychopathology. Religion and religious practices also influence social integration, risk

of suicide attempts, and substance use. Religion and spirituality also serve as an effective method of coping with the illness...

37. What Do I See Schizophrenia Being Portrayed in Movies or Series?

Filmmakers tend to focus on violence, traumatic events, and hallucinations when depicting and shaping characters with schizophrenia. Some critics argue that films overdramatize these elements and doing so dehumanizes people with schizophrenia. The portrayals of schizophrenia often focus on symptoms such as visual hallucinations, bizarre delusions, and disorganized speech, and presented them as commonplace. Symptoms like decreased motivation, poverty of speech, and flat affect are more common. In the film world, characters with mental health issues are often portrayed as unpredictably violent. They look different: You know the characters with crazy eyes or messy hair. They somehow look different or separate from “normal” people.

Although the movie A Beautiful Mind may not be an accurate description of John Nash's disability, it does help paint an accurate representation of schizophrenia. … However, although the symptoms are accurate, John never had delusions figures such as Charles, he suffered mostly from auditory delusions.

38. Is My Schizophrenia Increase or Decrease Over the Years?

Schizophrenia increases in the year 2015 in late April but slowly decrease when it became apparent that lower down to a point of me feeling great over time the years that follow by and is great to becoming normal again and not using the daytime antipsychotics drugs but only at nights of every day of the weekends. I very much like this new improvement of today and I don't hear voices or see night shadows or the feeling of tactical touch it has not happened in years to my body and is great like saying that I am beginning to come back to my normal self of sense and the recovery treatments has helped me a lot during these past years of my life and the therapy to

has helped me a lot and the books and articles of the internet have helped me to stay educated from my condition and the other known conditions of schizophrenia. Life certainly has changed a lot since that year and lot of changes in the environment and in Puerto Rico usually has seen a lot changed in this past year of my life and I like to change that I might say and being at home doing the things I love the most like You Tube videos, filming myself to express my inner thoughts about life.

39. The Problem with Stigma

Stigma and discrimination can also worsen someone's mental health problems, and delay or impede their getting help and treatment, and their recovery. Social isolation, poor housing, unemployment, and poverty are all linked to mental ill-health. So, stigma and discrimination can trap people in a cycle of illness. To societal disapproval, or when society places shame on people who live with a mental illness or seek help for emotional distress, such as anxiety, depression, bipolar disorder, or PTSD. Can be a barrier to seeking

preliminary treatment; often people will not seek professional help until their symptoms have become serious. Others disengage from services or therapeutic interventions or stop taking medication, all of which can cause relapse and hinder recovery. Lack of knowledge and negative attitudes. The level of knowledge among the public regarding mental health problems is poor and negative beliefs and attitudes are widespread. Both are key elements of stigma. Know the facts. Educate yourself about mental illness including substance use disorders. Be aware of your attitudes and behavior.
Choose your words carefully. Educate others. Support people. Include everyone.

40. Decreasing of Stigma

Results show that there has been a statistically significant decrease in stigma among survey respondents. Statistical significance means that the results are not likely to occur by chance. The surveys show that from 2017 to 2019: More people feel comfortable talking with someone about their mental illness (66% to 71%). Educate yourself about mental illness including substance use disorders. Be aware of your attitudes and behavior. Examine your judgmental thinking, reinforced by upbringing and society. Choose your words carefully. Mental illness stigma can lead to

feelings of shame and self-consciousness. It can negatively impact help-seeking as well as early detection and prevention. Standing up to mental health stigma is an important way to support your mental health and give a voice to those who are suffering in silence.

41. The Outpatient Services

Outpatient mental health treatment is not one specific type of treatment. Instead, it is a general term for treatment that takes place in an office, hospital, or clinical setting, but involves no overnight stay. Outpatient care can involve one or more mental health services that do not require a prolonged stay in a facility. Treatment provided in Outpatient care helps patients learn to cope with stressors and manage their mental health. These services can include counseling, group therapy, medical consultations, and psychiatry.

Individual therapy.
Group therapy.
Family therapy.
Support groups.
Intensive outpatient care.
Partial hospitalization.

Psychiatric medications and outpatient medical management. Outpatient care, sometimes called ambulatory care, is any service you receive without being admitted to a hospital or for a stay shorter than 24 hours. Some examples of outpatient services are X-rays and other imaging procedures, minor surgeries, some cancer treatments, and routine physicals. Ambulatory clinics are sometimes called outpatient clinics or ambulatory centers. They are medical facilities that perform procedures that do not require an overnight stay in a hospital or care facility. They may include preventive, diagnostic, or treatment services.

42. Quality of Life Measures

Conversely, an inferior quality of life, often experienced by those with severe mental health difficulties, was characterized by feelings of distress; lack of control, choice, and autonomy; low self-esteem and confidence;

a sense of not being part of society; diminished activity; and a sense of hopelessness and demoralization. Increasingly big data and data linked to hospital records or social media mean other indicators of mental health including diagnosis, demographic details, health history, prescription information, referrals, psychologist attendance, or police records can be used and may be useful for location-specific studies. Self-esteem. This is the value we place on ourselves, our positive self-image, and our sense of self-worth.

Feeling loved.

Confidence. ...

Family breakup or loss. ...

Difficult behavior. ...

Physical ill-health. ...

Abuse. Talk about your feelings. Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. ...

Keep active. ... Eat well. ...

Drink sensibly. ... Stay connected. ... Ask for help. ...

Take a break. ...

Do something at which you are good.

43. Exercise

Running (or walking) If you need the motivation to get moving, the ‘runner’s high’ – the clarity and expansion one feels after a jog or sprint session – should do the trick. ... Boxing. The rumors that hitting a punchbag releases stress and anger are true. ...

Pilates. ...

Yoga. ...

Spin classes. ...

Resistance training. Evidence has suggested that exercise may be an often-neglected intervention in mental health care. Aerobic exercises, including jogging, swimming, cycling, walking, gardening, and dancing, have been proved to reduce anxiety and depression. Increased neurotransmitter activity.

Improved self-esteem (which is commonly low in those who suffer from depression)

Release of stored energy, which can alleviate anxiety.

Serves as a distraction or coping mechanism. Get plenty of sleep. Adults should get as close to 8 hours of sleep per night as they can. ...

Stop to enjoy small aspects of the day. ...

Use a stress ball or some other stress reliever. ...

Perform a random act of kindness. ...

Exercise. ...

Deep breathing exercises. ... Yoga.

...

Pet a dog.

44. Employment Issues in Puerto Rico?

The professionals in charge of treating mental illness lack of training in suicide prevention is also a problem. In Puerto Rico, 60% of children live in poverty. Research Thereafter, people both lack the potential and qualification to retain a job. The stress of experiencing poverty and the lack of financial support impacts executive functions. In the case of poverty, people are prone to experience depression, stress, addiction, low self-esteem, and suicide. Puerto Rico has been in an economic crisis for an exceptionally long time due to the unpayable debt. In mental health care, the problem grows bigger as people find themselves unemployed or with a lack of good jobs a lot of people have left the island, causing a lack of professionals. The Commonwealth of Puerto Rico is the chief provider of health services for the indigent population, principally through the Medicaid program. The program operates

within a publicly owned and centrally administered health care delivery system which has operated under a Federal financial “cap” since 1968. If you have a Medicare plan, for example, it will cover health care in Puerto Rico, as it is part of the U.S. Remember, Medicare will not cover most medical services sought in foreign countries. Competitive employment rates in schizophrenia are low compared with the general population, with most estimates in the United States and Europe indicating fewer than 20% of people with schizophrenia are working.

45. How Do I Became Disease of the Mental Health to Me?

The disease of my mental health became apparent to me because of the family inheritance. More likely to get schizophrenia if someone in your family has it. If it is a parent, brother, or sister, your chances go up by 10%. If both your parents, have it, you have a 40% chance of

getting it studies by University researchers have said in many articles on the internet. The exact causes of schizophrenia are unknown. Research suggests a combination of physical, genetic, psychological, and environmental factors can make a person more likely to develop the condition. Some people may be prone to schizophrenia, and a stressful or emotional life event might trigger a psychotic episode. About 10 percent of people who have a first-degree relative, like a parent or sibling, with the disorder will develop it themselves.
However, as there are many people with schizophrenia who do not have relatives with the condition, genetics is just one factor that causes schizophrenia. It can also help you understand what — if anything — can be done to prevent this lifelong disorder. Genetics. One of the most significant risk factors for schizophrenia may be genes. Structural changes in the brain. Chemical changes in the brain Pregnancy or birth complications Childhood trauma Previous drug use affects about 1% of the population and effects men about 1.5 times more commonly than women. Schizophrenia be diagnosed in children as young as six years old. Although schizophrenia can occur at any age, the average age of onset tends to be in the late teens to the early twenties for men, and the late twenties to early thirties for women. It is uncommon for schizophrenia to be diagnosed in a person younger than twelve or older than forty.

46. When the Disease Became Apparent to Me?

Chemistry: Scientists believe that people with schizophrenia have an imbalance of the brain chemicals or neurotransmitters: dopamine, glutamate, and serotonin. These neurotransmitters allow nerve cells in the brain to send messages to each other. This disease became apparent to me because it affects my brain functions and I noticed it when it came to me. Certain biochemical substances in the brain are believed to be involved in schizophrenia, especially a neurotransmitter called dopamine. One probable cause of this chemical imbalance is the person's genetic predisposition to the illness.

47. How Do I Know I was Sick?

Started to be hallucinated and started to hear voices inside my head and tactical feelings of being touch by something does not exist and there more when it happened the hallucinations were very frequent in the night and then at daytime the hallucinations started to have vanished. The sickness became part of my longterm life and had to get adapted to the situation to deal with it sometimes is extremely hard at times but keeping my faith and being strong optimistic and confident that in each of those situations having the support of my family in prayer is incredibly good for me and I thank them in this book for those prayers. Look to the sky and see in wonder that when the situations go away like the wind that blows, and I felt calm and at peace.

48. Since When the Disease Started to Affect My Life?

I started to have the effects of schizophrenia in the month of April in the year 2015, when I did see rare hallucinations, hearing voices inside my head they

were very aggressive towards me and saying a lot of bad things that could happen to me and in the nightmares of the nights were very terrible for me and I started not sleeping well at night and had insomnia caused by that hallucinations and delusions that ripe my mental clarity apart it was so annoyed for me and did wanted to be over and it repeated itself all the nights that follow and felt overwhelmed by this situation that did not occurred to me since years on having a normal life and I so anxiously want my life back to be normal is so frustrated at times when I needed help from my professional doctors to deal with side of depression moods swings and anger moods swings that are very common to me because I had a various times of bullying and it did cause me a lot of harm emotionally because everybody laugh at me and felt scared and alone in that period of time. Know that in this life we all have adversities put had to depend on my faith beliefs to get back up from the roller coaster cycles that tented to happen to me it was a hard period that I shall not forget.

49. The Causes of My Schizophrenia?

Genetic factors. A predisposition to schizophrenia can run in families. ...

Biochemical factors. Certain biochemical substances in the brain are believed to be involved in schizophrenia, especially a neurotransmitter called dopamine. ...

Family relationships. ...

Stress. ...

Alcohol and other drug use

The exact causes of schizophrenia are unknown. Research suggests a combination of physical, genetic, psychological, and environmental factors can make a person more likely to develop the condition. Some people may be prone to schizophrenia, and a stressful or emotional life event might trigger a psychotic episode.

Alcohol and other drug use

Harmful alcohol and other drug use, particularly cannabis and amphetamine use, may trigger psychosis in people who are vulnerable to developing schizophrenia. While substance use does not cause schizophrenia, it is strongly related to relapse.

People with schizophrenia are more likely than the general population to use alcohol and other drugs, and this is detrimental to treatment.

A considerable proportion of people with schizophrenia have been shown to smoke, which contributes to poor physical health.

50. Did Religion Influence My Psychosis?

Yes, religion plays a part in my entire life and religious exposure can trigger psychotic episodes in those who are vulnerable to them because religion usually requires a believer to suspend their usual idea of what is possible and impossible. Patients with schizophrenia also exhibit religious delusions and hallucinations.
Further, there is some evidence to suggest that religion influences the level of psychopathology. Religion and religious practices also influence social integration, risk of suicide attempts, and substance use. Religious exposure may trigger psychotic episodes in those who are vulnerable to them because religion usually requires a believer to suspend their usual idea of what is possible and impossible. Definition. Individuals

experiencing religious delusions are preoccupied with religious subjects that are not within the expected beliefs for an individual's background, including culture, education, and known experiences of religion. These preoccupations are incongruous with the mood of the subject. individuals experiencing religious delusions are preoccupied with religious subjects that are not within the expected beliefs for an individual's background, including culture, education, and known experiences of religion.[4] These preoccupations are incongruous with the mood of the subject. Falling within the definition also are delusions arising in psychotic depression; however, these must present within a major depressive episode and be congruous with mood.

51. The Culture of Puerto Rico How Do They See Schizophrenia?

    The culture of Puerto Rico view schizophrenics as people who need medical assistance due to their condition and must be treated in a mental hospital some refuse treatment and want to stay out on the streets using illegal drugs that are not prescribed by a doctor. The insight on the behavior patterns can be view as significance to social interactions with family

members or friends. This can be affected by social stigma most of the part of their whole lives but have many problems regarding spouses and their children that may or may not accurate the same symptoms with mental health by inheritance and can affect the way of life of every individual who suffers from it. Can required a lot of manpower with mental health services and the cost depend on the several factors : the level of impairment can produce chronic disorder and depending on the mental health of the individual can suffer from multitude of traumas like depression, anxiety, stress, suicidal thoughts, distress, and genetic mutation diseases, bipolar behavior, antisocial behavior characters, of each individual, that suffers from schizophrenia and can be long-term depending on the health
of the individual. Most of the residences of Puerto Rico by studies have shown a culture stress among the youth some have the culture of Anglo-American US and it's very significance level in Puerto Rico and the native environment have also produce a kind of dislike for the disability people of all ages and discrimination and not want to have them in work places because they think can't not do the required tasks and can't not drive in a vehicle like an automatic or heavy and the department of transportation of Puerto Rico states : ''is required that an individual have a good mental health and physical health'': Law

Number 22 del 7th of January of 2000, effective on the 7th of January of 2001 and can produced accidents in the roads of Puerto Rico island including Vieques and Culebra. And relationships can be hard to find as an individual with psychosis symptoms and the social factors not being able to communicated well to others some with poor diet health that tend to drink alcohol and very poor exercise can produced a lot more greater outcome for the person with schizophrenia and their important factor to attributed to have a good mental health like going to visit the doctors regularly and have to take their medications every day and some have zero health coverage to help them to be in a good manner and have to learn to live in minority groups in a global worldwide community of peoples and to be convinced to coexist with each other.

52. Did I Became more Bipolar or more Antisocial?

I have become over the past years of my life as I can describe it as anti-social patterns but not likely

because I have not enough friends that can be with me at all times and have to get a custom to the new way of life since 31 of December 2019 of the pandemic of coronavirus and to use the mask in order to protect myself of the virus life is not like the old times and not getting contaminated in commercial flights to other places that I can't not see put only in photos of the internet and to stay home for the most part that has become part of my daily lifestyle. My bipolar can be a stress to schizophrenics sometimes that I can identify that today I can be relaxed and tomorrow I can be sad reactionless and that too has become part of my life. And I ca say that I have become part of antisocial due to the pandemic and bipolar because has affect me to stay well at times where I feel too much stress of not having a job or a car to be more independent and sometimes I wish to have it and it gives me stress out problems that I can lose track of each day and not wanting to perform a task in home or outside or feeling too much bored and it makes things difficult for the most part of the pandemic because it doesn't allow me to do the things I wish to do like running and walking the nearby park and anything I like and the manic emotional thoughts that runs through my mind not enjoying the fresh air like before and that times I felt relaxed to view the beautiful mountains just across

by home and it feels so peaceful and to go to the beach and I can see the waves crashing into the sand to hear the sound of eagles of the sea it feels great to me to enjoy. My emotional state can be sometimes like in a roller coaster between up's and downs like I can describe it to feel good one day and to feel sad or too bored like so and having problems at night to be relaxed that sometimes my mind is so full of thoughts and have to take the therapy of yoga to ease every negative thoughts that can be filtered in my mind and sometimes absurd in the thinking and have to drink cold milk with chocolate and do a exercise of dancing to alleviated the symptoms of depressions, boredom and anxieties it comes too sometimes hard and not showing any signs of attributed to stressful and can be dancing for my best choice and yoga for my mindset of everyday. Can say that I have been research about this bipolar symptom on the internet and some schizophrenics have this in their sensational information of their environment that have left some to drug abuse of cocaine and I have not gotten to that part because I take care of myself of not getting involve and not do things of that sort as others have done it. I can say for sure that I am not bipolar type person because I have a well-educated part of my life of being a good person and not being anti-social is a too a part that does not

existed in my life and not currently practice such things in front of people I well know and prefer to be more conversationalist to friends and family of this type of personalities disorders.

53. Did my Anger Issues Affect Me Before Schizophrenics?

My anger issues were very troublesome because I did have felt a lot of anger not management a problem that sometimes others like to at that point I started in social media to discuss the problems I did have and experiences and creativity, and did not fully understand where the anger comes from that sometimes for me it can be caused by lack of too much stress and sleepiness of finding a job or a car to be more independent of myself and I was thinking incoherent by that time the people were my enemies but that has come to pass a negative thoughts that weren't true. The anger is an emotion that comes from being angry and it is negative for the most part and can be a harm to other persons to be close. But I learn how to managed it by using other methods as like yoga to be more relax and it

really helps a lot to control emotions and discipline my mind by doing the exercise and to stay focused a patience of tranquility and it's a new thing going on in my current life to stay in motion doing this pandemic of Covid-19 and have the opportunity to write my most dear and incredible thoughts of my experiences of my life and being entertain to do much greater good things and helps me keep track of the important issues and unlikely to find a job which I don't currently have one to have personal economical wealth and the bigger issue for me in this past couple of years is starting to do my works on the internet of writing and expressing talk skills in English and Spanish in YouTube Videos and reading along the way to be open minded person than before than in the past were too much shy and reserve who did not spoke to much to anybody and this I will continued on doing more projects of books to earn money and to be more independent of myself as a women. To live a life of distortion by hallucinations and delirious with this psychotic disorder I did feel powerless, anxious, and confuse but I can say that I take credit on to learn to control those emotions with cognitive therapy that helps a lot in truth to myself in front of everybody that I know that brings me the opportunity to not go away with negative emotions that need medical attention.

54. ‘’ Split Personality’’ Before Schizophrenics?

My ‘’split personality’’ before schizophrenia was part of my life having anger issues and trouble finding a job and what to do in my daily life routine in home after I finished the High School and University was different path for me that I started to realize that growing up is a huge thing to do to pass through adolescent period and moving towards an adult life was too different for me to do in my own experience and I certainly did not want to grow up so fast and to be at times age of mine now my life takes a different outcome to many things I used to do in the past years of my life playing outside with my bicycle and enjoying with my sisters was better in those times I will cherished forever in my mind. Personality is of a good calm person who does not fathom and does not make

stories of lying and want to be effective in my life by doing things in the right way.
MPD is a common disorder found in schizophrenics say written articles of the internet to endure this pattern of inner experience and that tends to deviate the expectations of one individual culture and self-care of awareness from most part of my adolescent and adulthood is to remain stable to combat that impairment that can be caused by social severe trauma of neglected or physically, sexually or emotionally abused of loves ones in their daily life's that the effect can be enormous to the individual from the early life and it can make a challenge for the mental health of professional to treat the disease the severity of the abuse can become a harm to other people being chaotic life of not being in the present day and being in other side can become difficult for every person to pass through this enormous cycle that can never end with attribute to different personalities of a dysfunctional serious nature of content of negativity of some types of programs of the internet of YouTube videos, movies of horror, death, decapitations, with shocking ends of most deadly traumas to be portray and some doctors have their point of view of saying to the patients that they don't see this things that can be harm to others that type of situations that can harm or provoke more illness in their personalities disorders and can also may have implications of psychological conditions caused by

multitudes of factors some of regards of their identity of sexual preferences says the experts of the fields. Can say for my view that this type of disease has experienced it firsthand and may mental state have attributed to it to in view of my presentation to my doctors.

55. I Did Not Know About the Disease?

People with schizophrenia are among the most stigmatized and socially marginalized in our community. Part of the problem is that it is a commonly misunderstood disorder — there are many things that people believe about schizophrenia that are simply not true or are distortions and exaggerations. Adding to the isolation and loneliness is the way some families or even communities see mental illness as a taboo subject. Among some groups, a mental illness like schizophrenia can be a perceived as a source of shame, embarrassment, or something that will cause a loss of face. Beliefs like these are harmful. The stigma of being singled out for having schizophrenia can lead to severe social isolation. This in turn can lead to further mental

health and even physical health problems. Despite what some people believe, schizophrenia is like many other mental disorders: it can be managed and there are recognized treatments. More to the point, mental illness and disorders are quite common. For example, did you know that one in five Australians will experience a mental health disorder each year?
People experience mental health disorders more often than most people realize and schizophrenia is no exception.

56. Inability to Respond Correctly to Others

The inability to respond well to others what a bid odd for me to pass through the state of mind and have to learn to speak well in front of others like example not to talk if people don't ask my opinion and for sure I am not a very talky person and also introvert and I like to do my things in my own way alone and to be an adult has been a challenge for me to grow up to my age of 27 years old and driving a car is proven to be more difficult now having schizophrenia disorder and it was been a process to adapt myself. To increase my learning ability, must watch other adult people and it is a bit different for me.

When we talk about anosognosia in mental illness, we mean that someone is unaware of their own mental health condition or that they cannot perceive their condition accurately. Anosognosia is a common symptom of certain mental illnesses, the most difficult to understand for those who have never experienced it. The current study showed that schizophrenia patients were impaired in empathic accuracy; that is, they were less correct at tracking the positive and negative affective state of another person compared to controls. There are several diverse types of schizophrenia depending on the person's symptoms, but the main types of schizophrenia include paranoid schizophrenia, catatonic schizophrenia, disorganized or hebephrenic schizophrenia, residual schizophrenia, and undifferentiated schizophrenia.

57. Altered Sense of Self

My altered sense of self that I can say that I must get a custom with my new mental health disease and must deal with this psychosis of my brain imbalanced is something to be worried about and to stay with a healthy mind. Myself of being is to know that my situation can or cannot altered my sense of reality to create a personal projection of beliefs of every difficulty, problem, and negative situation comes from visualization, consciousness, energy, frequency rate. Reality changes my perspective of frequency of moving into a higher of viewpoint of expanded consciousness. I felt different in a new way of meditation daily from the visualization and positive emotions evokes consciousness from reality inner state of not feeling worried, fear, anger, frustration, or sadness. The process teaches me to be more inner self enlighten to energize the practice. When doubt or hesitation and I hold positive visualization meditation exercise helps me a lot from a lower to higher reality deepen from the process and I enjoy it very much of it.

58. Decrease of Awareness

Decrease of awareness to this condition was very visible to me because I did not know about this condition and must learn how to cope with this situation that I have still with me in my life. This consequences of not having an independent life due to my psychosis symptoms have bring me some type of shame because I did not want this to happened to me and have more effect in my daily life as ever before the lack of performance and produce a lot of things to me in alarm for the detect other symptoms that can induced another flash backs not getting back to reality itself to be not present in a sense of being their physically have to be aware for me has been challenging to stay focused in my daily life to improve myself have to take a lot exercises of yoga to improve my mental health always and it's the only source that I

can recalled that have help me a lot over this past years and manage times of stress out things situations like being angry it's not helpful and other like taking exams for free in the internet that is to use it for my mental health. Sometimes I can say I do not want to see anybody, but as human being is good to use social interaction to be more conversationalist with the people, I love the most. The decrement has produced a kind of emotion to awareness in momentary experiences of thought of insertion, mind reading that can be produce when other people try to read minds and I know that from subjective experiences that people tend to do that and visual auditory

59. The Other Schizophrenia I Did Not Know About

The schizophrenia I did not know about is that they are different schizophrenia in this research I have done to know about paranoia, catatonic, residual they are not like mine. I thought that this disease will never be cured by doctors in my life of before and did not pay attention to it because before I was too distracted in my own things this paranoia affect me until this day of today it's hard to grasp this situation to live with it for the rest of my life sometimes I wandered on how it can be the

genetic part of my maternal family that I inheritance the disease and others don't have it with them in their life's. Types of schizophrenia Paranoid schizophrenia. Hebephrenic schizophrenia. Catatonic schizophrenia. Undifferentiated schizophrenia. Residual schizophrenia. Simple schizophrenia. Unspecified schizophrenia. Psychotic symptoms include altered perceptions (e.g., changes in vision, hearing, smell, touch, and taste), abnormal thinking, and odd behaviors. People with psychotic symptoms may lose a shared sense of reality and experience themselves and the world in a distorted way. Specifically, individuals typically experience:

Hallucinations, such as hearing voices or seeing things that are not there

Delusions, which are firmly held beliefs not supported by objective facts (e.g., paranoia - irrational fears that others are "out to get you" or believing that the television, radio, or internet are broadcasting special messages that require some response)

Thought disorder, which includes unusual thinking or disorganized speech

60. Surprisingly Effects of Schizophrenia
Genetics.
Brain changes.
Chemical changes.
Pregnancy complications.
Childhood trauma.
Drug use.
Prevention.
Symptoms

About one in hundred people (1%) develops schizophrenia at some time during their lives. Schizophrenia is one of the most common mental illnesses. More hospital beds are occupied by persons with this diagnosis than any other psychiatric disorder. The illness is found all over the world. Schizophrenia is a brain disorder that affects two million Americans today. ... Schizophrenia impairs a person's ability to think clearly, manage their emotions, make decisions, and relate to others.
Although the cause is unknown, this mental illness can be developed through factors such as genetics, brain chemistry, brain abnormality and environmental factors

61. Things I Learn of Buddhism Quotes

Learn that they faced adversity with the calmness of mindset.
Learn that Buddhism can be used in therapy like yoga.
The yoga of mindset can induce calmness and tranquility.
“A disciplined mind brings happiness.”
“Those who cling to perceptions and views wander the world offending people.”
This for me is excellent: “May all beings have happy minds.”

The basic doctrines of early Buddhism, which remain common to all Buddhism, include the four noble truths: existence is suffering (dukkha); suffering has a cause, namely craving and attachment (trichina); there is a cessation of suffering, which is nirvana; and there is a path to the cessation of suffering

With 360 million followers, Buddhism is the fourth largest religion in the world. In Buddhism, there is no single holy book. Extensive scriptures have been preserved in many Asian languages. Buddhists do not believe in a supreme being or creator god. The Four Noble Truths of Buddhism: 1) suffering as a

characteristic of existence, 2) the cause of suffering is craving and attachment, 3) the ceasing of suffering, called Nirvana, and 4) the path to Nirvana, made up of eight steps, sometimes called the Eightfold Path. encourages its people to avoid self-indulgence but also self-denial. Buddha's most important teachings, known as The Four Noble Truths, are essential to understanding the religion. Buddhists embrace the concepts of karma (the law of cause and effect) and reincarnation (the continuous cycle of rebirth).

62. Things that Schizophrenia Make Me Invisible to Other
People

The viewing of schizophrenics to other people can see them as dement people.

- People can judge schizophrenics by their color, ethnic race, or religion.
- Schizophrenics can also be bullied by other people.
- People can see schizophrenics as delusions.

People can see schizophrenics with a lack of emotion. People can see schizophrenics with trouble understanding information and making decisions. Symptoms may include Delusions. These are false beliefs that are not based. For example, you think that you are being harmed or harassed; certain gestures or comments are directed at you; you have exceptional ability or fame; another person is in love with you; or a major catastrophe is about to occur.

Hallucinations cause people to hear or see things that are not there. Three-fourths of individuals with schizophrenia will hear voices (auditory hallucinations) at some time during their illness. What not to say to someone with schizophrenia: Do not be rude or unsupportive. Do not bully them into doing something they do not want to do.

Do not interrupt them. Do not assume you know what they need. Do not second guess or diagnose them. Do not use words that make you seem like an enemy. Start a dialogue, not a debate.

63. How Do Schizophrenia Affect My Life Skills?

The schizophrenia affect my life skills because I had a lot my abilities gone from me since then I had schizophrenia in truth and had to use the internet to research my own skills yet again to re-learn about it like an example of graphic design I did lose some of the learn abilities to draw and to do sketch drawings and I have to learn again those things which I studied back then in university and starting slowly my life back again in a sense of my personal life was turned upside down it was too hard for me but I did what I had to do in that time and place and I have to take online free classes and redo my room into a different approached and to do other chores in the house of my parents sometimes I have to rely upon parents to know new things of adulthood I did not know about and it's has been a process into my daily lifestyle.

64. How Did Schizophrenia Affect Me Deeply?

It affect me deeply because I have to learn like a child again everything it was a bid odd for me to re-do all things and my psychosis symptoms worsen my daily lifestyle that I had before in a normal way of life and was scare on going to trips outside of my parents' home because I was afraid to something bad might happen to

me it was at night happen to me were so scary of the dark of angry demons which I do not exist in the reality world or something else and I have known from that experiences I felt watch my something terrible and dark that haunted me and not wanted to be alone at night and I slept with an light that some kids use of the scary nights I saw that it blinking twice and it got me scare enough to be all alone in my room and felt powerless to my frequent nightmares that stalked me through every time and did wanted that the sun come out of the hills. It has been me too afraid of the dark that it might come after me and hearing those terrible voices and hallucinations that are not with me but only in my head. Must take my medications in order to feel well and being in those terrible hallucinations' symptoms of this disease. The psychosis I learn that is a part of my brain and can see it on images of Google of other schizophrenics. Life will never be the same as before and I can say that it can be difficult to worry about my mental health now days.

65. Top 10 Quotes of my Schizophrenia

1. “The schizophrenia will never return the life back’’
2. ‘’The physical struggles of my life to cope with it’’
3. ‘’My emotional state was at worst lowest point’’
4. ‘’ I don’t like having schizophrenia’’
5. ‘’ This has proven to be a challenged’’
6. The mania depression is hard’’
7. The psychotic symptoms drown me’’
8. ‘’Schizophrenia make my life worst’’
9. Schizophrenia does not define me’’
10. Believing in things which does not exist makes me feel bad of myself’’

66. I Think Schizophrenia Will Never Return Back My Normal Life

This schizophrenia will never return to my normal life of before had it has been difficult and a long-term process but still recovering from it each day with medical help. The development of this mental health is characterized by distortion of reality of positive and negative symptoms or thoughts of hallucinations, by main function that is to be connected to reality raising awareness of this signs and seeking the help of medication and doctors to help me pass through this

difficult times and family commitments to support me and the resource development of my treatment is good to me secondary problems of unemployment can be resolved with the help of the government. The treatment intervention has improved to reduce my mobility and preservation of psychological skills and more rapid recovery of the prognosis. The risks factors can be If I do not take medications to sleep better and the impact of the vulnerability of the environment or genetical.

67. Why Do I Have Schizophrenia?

Because of family inheritance and has been with me since 2015 and has become a long-term reality to adjust myself in this new lifestyle of my life where do I have to worried about every symptom that can came back again or can be decreased by the time and has been a difficult road for me to pass through this but I am grateful that I have family who supported me the most and the incredible doctors help I have to this day and sometimes to think back that stress, anxieties, depression, and wanted to be alone and not seek medical attention have become a challenged to make myself go to the doctors to make my long-term recovery.

68. Schizophrenia: Is Very Bad for Life

Is bad for life because sometimes it can be long-term and short-term, and it must become part of my diagnosis. And I did not want to have this illness be present in my daily life where is constant with nightmares at night like hearing voices is a hard experience to go through and emotional. The life of a schizophrenia can be both of self or harm to others and must be supervised by parents or doctors in the rehab hospital.

69. When Did My Schizophrenia Become my Reality?

Schizophrenia became my reality of lifestyle since 2015 and has affected me through this couple of years because it's has become part of my reality to live with this condition for the longest part of an entire lifetime haven't been there present and affected my performance of my brain and factors of my daily life and stills my talking skills were to affect by this disease of being sounding like a teenager like before and not like an adult women, and reading books other things in my life and have to stop doing and adapt myself to the adult women life and I left my adolescent years and infancy long ago and not using toys or doing teens do like playing tennis or eating

too much ice cream and have noticed the uncontrol laughing of mine that I know sometimes is silly and it tends to be with me because of my schizophrenia and knew that is part of my psychosis symptoms and have to control more that in an environment of social life of outside.

70. My Schizophrenia Will Improve One Day?

Usually, schizophrenia does not improve rapidly because it must be diagnoses by a professional doctor in a psychiatric hospital so will the patient be notified of his condition. Sometimes it can be half-term or longterm and can affect the patient's lifestyle. The psychosis affect my brain by the hallucinations and sorts of my dreams of nightmares that I can say that were negative for me the most part can be disorganize behavior and thoughts like being not alone in my room feeling a presence lurking by and it's association can be attributed to the shows, movies, YouTube videos can be of the schizophrenia and I have learn that it's leave me to be out of the reality state of being of those things that can altered the brain factors and let to my psychosis hallucinations of the sorts and can increase depressions, moods swings. To improve the diagnosis of schizophrenia the patient must leave the medications prescribed by a doctor when they give himself the medications the medication leaves and have to be seen

by the doctor long after the treatment is over. It can be a difficult road to full recovery.

71. The Psychosis Affect My Brain

Psychosis does not suddenly start. It usually follows this pattern:

Warning signs before psychosis: It starts with gradual changes in the way you think about and understands the world. You or your family members may notice: A drop in grades or job performance
Trouble thinking clearly or concentrating
Suspiciousness or unease around others Lack of self-care or hygiene
Spending more time alone than usual
Stronger emotions than situations call for No emotions at all
Signs of early psychosis: You may: Hear, see, or taste things others do not
Hang on to unusual beliefs or thoughts, no matter what others say
Pull away from family and friends Stop taking care of yourself
Not be able to think clearly or pay attention

Symptoms of a psychotic episode: Usually you will notice all the above pluses:
Hallucinations:
Auditory hallucinations: Hearing voices when no one is around
Tactile hallucinations: strange sensations or feelings you cannot explain
Visual hallucinations: You see people or things that are not there, or you think the shape of things looks wrong.

72. Psychosis Affect My Brain Skills of Talking

Is an experience where a person has problems interpreting the real world. They might see or hear things that other people cannot or have unusual ideas or beliefs. This can affect their thoughts, feelings, and behavior. A symptom, not an illness. A mental or physical illness, substance abuse, or extreme stress or trauma can cause it.

Psychotic disorders, like schizophrenia, involve psychosis that usually affects you for the first time in the late teen years or early adulthood. Young people are especially likely to get it, but doctors do not know why. Even before what doctors call the first episode of psychosis (FEP), you may show slight changes in the way you act or think. This is called the prodromal period and could last days, weeks, months, or even years. Sometimes you can lose touch with reality even when you do not have a primary psychotic illness such as schizophrenia or bipolar disorder.
When this happens, it is called secondary psychosis. These episodes stem from something else, like drug use or a medical condition. Whatever the reason, they tend to disappear in a brief time, and they often stay away if you treat the condition that caused them.

73. How Did Stress Play Out a Symptom in My Psychosis?

Early life stressors, including those in utero, can trigger the processes that lead to schizophrenia and affective disorders in adulthood. Nascent evidence points to susceptibility during brain development that contributes to the early-stage schizophrenia phenotype. The exact causes of schizophrenia are unknown. Research suggests a combination of

physical, genetic, psychological, and environmental factors can make a person more likely to develop the condition. Some people may be prone to schizophrenia, and a stressful or emotional life event might trigger a psychotic episode. The sooner clinicians diagnose and treat schizophrenia, the better the prognosis. To that end, researchers are examining the roles of glutamate signaling dysfunction and oxidative stress dysregulation to better predict the prodrome of schizophrenia.6 Emerging evidence points to the N-methyl-Aspartate receptor as a potentially useful biomarker to detect prodromal schizophrenia.

74. My Neurological Brain Symptoms

My neurological brain symptoms are Abnormalities in brain structure and neurocognitive functioning may be present long before the first outbreak of schizophrenia. Minor physical anomalies that

originate in fetal development (such as cleft palate or fingerprint anomalies) tend to be more frequent in patients with schizophrenia than in normal controls. Such findings have given rise to the hypothesis that schizophrenia is a neurodevelopmental disorder that begins in utero or early in life and becomes clinically manifest when a certain level of central nervous system maturation is reached in late adolescence or early adulthood. Indirect support for this view is provided by prospective studies that have documented several behavioral peculiarities, such as poor social skills, ‘schizoid' traits, and low IQ in children who later develop schizophrenia. Although such neurodevelopmental features can be found in a subset of cases of schizophrenia, they are absent in the histories of a substantial proportion of cases, including those of late onset, suggesting that there may be more than one etiological pathway to the disorder.

75. Symptomology

In men, schizophrenia symptoms typically start in the early to mid-twenties. In women, symptoms typically

begin in the late twenties. It is uncommon for children to be diagnosed with schizophrenia and rare for those older than age 45. Schizophrenia changes how you think, feel, and act. It might affect you differently from someone else. The symptoms can come and go, too.
No one has all of them all the time.

- They usually start between ages 16 and 30. Men often get them earlier than women. Oftentimes there is a gradual change in the person before obvious symptoms start. This is sometimes called the prodrome phase.

- When the disease is in full swing and symptoms are severe, the person with schizophrenia cannot tell when certain ideas and feelings they have are real or not. This happens less often as they get older.

76. Prodrome Sign

Various mood changes such as anxiety, depression, mood swings, sleep disturbances, irritability, anger, and suicidal ideas are reported as part of prodromal symptoms. A patient may also present with a spectrum

of conditions including obsessive-compulsive phenomenon and dissociative disorders. This early stage is often not recognized until after the illness has progressed. Symptoms in this phase may include:
withdrawal from social life or family activities isolation increased anxiety
difficulty concentrating or paying attention.
lack of motivation
struggling to make decisions. changes to normal routine
forgetting or neglecting personal hygiene
sleep disturbances increased irritability

77. My Genetic Inheritance of My Family

My genetic inheritance came to me because has the condition of psychosis mental health and it runs in the family because the schizophrenia disease I didn't wanted to have my mental clarity at that time was overwhelm my feelings of emotions, stress, anxieties, manic thoughts of being attacked by the supernatural did wanted it to stop and that

inheritance may be inside me my body but I know for today that I had taken the time to get recovery still knowing that having nightmares at nights but I don't wish to have this condition for the rest of my days in this earth and it's difficult for that some don't understand the adversities I had pass through had therapy sections do that the doctors having taking noticed of every behavior and other thoughts that might be of harm to myself and other persons to make the full-recovery of my schizophrenia disorder and make changes in my life in order to be well like being on a diet or exercise more to be well-being this expectations I have in my life but I want to make the difference by sharing my experiences to other people of the supernatural or paranormal doesn't exist from a medical point of view.

78. Did the Mechanism of my Brain Affect my Psychosis?

The mechanism of my brain affects by psychosis it certainly did because of my brain movements of my body language and other things did affect me also. Psychotic syndromes occur more often in individuals who have had a traumatic brain injury (TBI) than in the general population.
Psychotic syndromes following a TBI can present in the period of post-traumatic amnesia, in association with posttraumatic epilepsy, in association with TBI-related mood disorders, and as a chronic, schizophrenia-like syndrome. Individuals with schizophrenia (a chronic psychotic disorder) have a higher frequency of prior TBI than individuals with other psychiatric disorders. These observations suggest an intriguing link between psychosis and TBI. The study of the neuroanatomical and neuropathological substrate of schizophrenia, and of the core symptoms of the disorder ("negative" symptoms, hallucinations, delusions), suggests that abnormalities in the structure and function of certain brain regions play a role in the genesis and maintenance of these core symptoms. The key brain regions include the dorsolateral prefrontal cortex, temporal lobe structures, basal ganglia, thalamus, and cingulate gyrus.

79. When Did the Cracks to Show of My Mental Health? Started to Appear

The cracks in my mental health started to show when the hallucinations start to appear in the night and at daylight did not appear it was just like they vanished into the air and will come every night when I was at sleep hearing voices calling me by my name:

''Karina ''Karina" hear me you are not alone."
(laughing).

Like this started call by my name and out of the corner of my eye I tend to see black shadows moving into the night inside my room or in the door. And the symptoms became worsen for years that I did not know about that I

carried the disease until my vivid schizophrenia hallucinations were seeing in the real world.

80. Did Complications Affect Me.

The complications of my mental health of seeing hallucinations of dragons and werewolves did affect me when started to have the symptoms and my mind was too much complicated at that time and did not understand why it all happened to me it was so terrible and horrible to see the hallucinations of voices inside my head at that time at night and did want to be stopped. Suicide, suicide attempts and thoughts of suicide.
Anxiety disorders and obsessive-compulsive disorder (OCD)
Depression.
Abuse of alcohol or other drugs, including nicotine. Inability to work or attend school.

Financial problems and homelessness. Disorganized thinking (speech). Disorganized thinking is inferred from disorganized speech. Effective communication can be impaired, and answers to questions may be partially or completely unrelated. Rarely, speech may include putting together meaningless words that cannot be understood, sometimes known as word salad.
Extremely disorganized or abnormal motor behavior. This may show in a number of ways, from childlike silliness to unpredictable agitation. Behavior is not focused on a goal, so it is hard to do tasks. Behavior can include resistance to instructions, inappropriate or bizarre posture, a complete lack of response, or useless and excessive movement.

81. Did Paranoia Affect my Psychosis.

The paranoia affects my psychosis mental health because it caused me to see hallucinations of things that do not exist in this world like dragons or demon-

like skeleton werewolves. Paranoia occurs in many mental disorders but is most often present in psychotic disorders. Paranoia can become delusions, when irrational thoughts and beliefs become so fixed that nothing (including contrary evidence) can convince a person that what they think, or feel is not true. It causes you to lose touch with reality. You might see, hear, or believe things that are not real.

Psychosis is a symptom, not an illness. It can be triggered by a mental illness, a physical injury or illness, substance abuse, or extreme stress or trauma. Psychotic disorders, like schizophrenia, involve psychosis that usually affects you for the first time in the late teen years or early adulthood. Young people are especially likely to get it, but doctors do not know why. Even before what doctors call the first episode of psychosis (FEP), you may show slight changes in the way you act or think. This is called the prodromal period and could last days, weeks, months, or even years.

82. The Environmental Have to Do with My Schizophrenia.

The environment has to do with my schizophrenia I think yes, must do because in Puerto Rico there a lot of climate temperature that tends to rise like one hundred Fahrenheit, and sometimes at night is wintry weather at 75 Fahrenheit or less sixty-five. Urbanicity. Growing up and/or living in an urban environment has frequently been associated with an increased risk of schizophrenia or psychosis in general [88,89,90,91].
Research shows it takes a combination of genetics and your environment to trigger the disease. Knowing what increases the chances can help you put together a better picture of your odds of getting schizophrenia.
Think of your genes as a blueprint for your body. If there is a change to these instructions, it can sometimes increase your odds for developing diseases like schizophrenia.

Doctors do not think there is just one “schizophrenia gene.” Instead, they think it takes many genetic changes, or mutations, to raise your chances of having the mental illness.

You are more likely to get schizophrenia if someone in your family has it. If it is a parent, brother, or sister, your chances go up by 10%. If both your parents, have it, you have a 40% chance of getting it.

83. Did My Schizophrenia Affect my Organizational Order?

The schizophrenia did affect my organizational order to do things like chores: cleaning the dishes, and the wardrove and my writing skills and must re-organize myself my doing the things I did before but in a very manner going slowly and at a paced where I do not hurt myself or others and giving myself time-out to rest and to think what I can do in my next assignments and my agenda. They found that race most strongly predicting a Schizophrenia diagnosis. Results concluded that Latino Americans where more than three times more likely to be diagnosed with Schizophrenia than Euro-Americans.

But mental disorders often cause problems in the decision -making process. Research shows people with schizophrenia can have trouble understanding the relationship between their actions and the outcomes.

This means they might keep selecting A, even if they know it is no longer as valuable as B Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning and can be disabling. People with schizophrenia require lifelong treatment.

84. Psychiatric Disorder

The psychiatric disorder includes depression and bipolar disorder, schizophrenia and other psychosis-like dementia, and the development of disorders including autism. There are effective strategies for preventing mental disorders such as depression. A psychiatric disorder is a mental illness diagnosed by a mental health professional that disturbs your thinking, moods, and/or behavior and seriously increases your risk of disability, pain, death, or loss of freedom. Five major mental illnesses — autism, attention deficit-hyperactivity disorder, bipolar disorder, major depressive disorder and schizophrenia — appear to share some common genetic risk factors, according to an examination of genetic data from more than 60,000 people worldwide Psychiatry training in clinical neurology has traditionally focused on primary psychiatric disorders (bipolar, obsessive compulsive,

schizophrenia, post-traumatic stress disorders, etc.), along with emotional symptoms such as depression, anxiety and psychotic symptoms (hallucinations and delusions).

85. Psychoactive Drugs

Psychoactive drugs are drugs used in the mental health treatments prescribed by legal doctors. is a chemical substance that changes nervous system function and results in alterations in perception, mood, consciousness, cognition, or behavior. These substances may be used medically; recreationally; to purposefully improve performance or alter one's consciousness; as entheogens for ritual, spiritual, or shamanic purposes; or for research. Some categories of psychoactive drugs, which have therapeutic value, are prescribed by physicians and other healthcare practitioners. Examples include anesthetics, analgesics, anticonvulsants, and antiparkinsonian drugs as well as medications used to treat neuropsychiatric disorders, such as antidepressants, anxiolytics, antipsychotics, and stimulant medications. Some psychoactive substances may be used in the detoxification and rehabilitation programs for persons dependent on or addicted to other psychoactive drugs.

86. Pathophysiology

Is convergence of pathology with physiology – is the study of the disordered physiological processes that cause, result from, or are otherwise associated with a disease or injury. Pathology is the medical discipline that describes conditions typically observed during a disease state, whereas physiology is the biological discipline that describes processes or mechanisms operating within an organism. Pathology describes the abnormal or undesired condition, whereas pathophysiology seeks to explain the functional changes that are occurring within an individual due to a disease or pathologic state. Pathology defines my causes of the condition which I have today.
The defining features of a schizophrenia diagnosis are hallucinations, delusions, paranoia, and thought disorder; these experiences are manifest in multiple sensory modalities and include abnormalities in all aspects of thought, cognition, and emotion

87. Counseling

The counseling has been effective in this part of my life since 2015 with my psychologic of the cognitive therapy is great to have the opportunity to have my mindset clear of negative thoughts that can have an impact on my daily life of chores inside the home of my parents doing yoga meditations to relax and not think a lot of things that are not too important in my life. And I give thanks to the help of the doctors to have a peaceful life. It has been great for me this counseling for the longest part and will continue to do my part of going to the counseling each day that the doctors give me a date to see them and talk to them about an important issue of my daily life and my mental health and have help people with physical, emotional, and mental health issues improve their sense of well-being, alleviate feelings of distress, and resolve crises. They also provide assessment, diagnosis, and treatment of more severe psychological symptoms. Treatments include medication and psychological therapy including cognitive behavioral therapy (CBT).

People with schizophrenia may also be offered art therapy. This can be effective if symptoms include isolating themselves from family or losing interest in previously enjoyed hobbies.

88. Diagnosis

When I was diagnosis for the first time with my psychosis it shocks me back then and I begin to realize how the severity of this condition is because it can be long-term and has been for me since 2015 to today 2021. If you have experienced one or more of the following symptoms most of the time for a month: delusions, hallucinations, hearing voices, incoherent speech, or negative symptoms, such as a flattening of emotions. Sometimes it might not be clear whether someone has schizophrenia. If you have other symptoms at the same time, a psychiatrist may have reason to believe you have a related mental illness, such as:

bipolar disorder – people with bipolar disorder swing from periods of elevated moods and extremely active, excited behavior (mania) to periods of deep depression; some people also hear voices or experience other kinds of hallucinations or may have delusions

schizoaffective disorder – this is often described as a form of schizophrenia because its symptoms are similar to schizophrenia and bipolar disorder, but the

schizoaffective disorder is a mental illness in its own right; it may occur just once in a person's life or come and go and be triggered by stress.

89. Prevention

> The prevention part has become part of my life to take care of my health and go to see the doctors. Although there is no proven way to prevent schizophrenia, scientists are looking for ways to make it less likely. Schizophrenia is a complex illness that may partly involve your genes. But events in your life may also play a role. The condition can sometimes run-in families. Harmful childhood experiences. Brain injury, sexual abuse, and traumatic early experiences may raise the risk.

"Children who were exposed to any trauma before age 16 were three times more likely to become psychotic. If the trauma was severe, children were fifty times more likely.

Drug abuse. Early and long-term use of marijuana and other illicit drugs may raise the risk.

What to Do if Schizophrenia Runs in Your Family Do not use drugs. This is especially important for teens because their brains are still developing. Remember, alcohol is a drug, so you should limit or avoid it.

Avoid abusive or traumatic situations. If you are in an abusive relationship or you are going through trauma, get help.

90. Medication

The medications I used today and before are antipsychotics drugs to help me to deal with the psychosis effects to always stay stable and has been great to me in this past couple of years to control it. Clozapine is the most effective antipsychotic in terms of managing treatment-resistant schizophrenia. This drug is 30% effective in controlling schizophrenic episodes in treatment-resistant patients, compared with a 4% efficacy rate with the combination of chlorpromazine and benztropine. Antipsychotic medications are the first line medication treatment for schizophrenia. They have been

shown in clinical trials to be effective in treating symptoms and behaviors associated with the disorder. Medication is not a cure for schizophrenia and only treats some of the symptoms. Antipsychotic medication reduces psychotic symptoms such as hallucinations, delusions, paranoia, and disordered thinking.

91. Acknowledgements

Give my acknowledgments to the incredible doctors that have help in this lengthy process of mine and my family members who have supported me in my challenging times.

92. Appendix A

Individuals exposed to appendectomy before age 14 had a 19% increased risk of depressive disorder (adjusted hazard ratio [harm] = 1.19; 95% confidence interval [95% CI]: 1.15–1.23), 27% increased risk of bipolar affective disorder (harm = 1.27; 95% CI: 1.17–1.37), and a 20% increased risk of an anxiety disorder (harm = Appendicitis affects 1 in 1,000 people living in the U.S. Most cases of appendicitis happen to people between the ages of 10 and 30 years. Having a family history of appendicitis may raise your risk, especially if you are a man. For a child, having cystic fibrosis also seems to raise the risk of getting appendicitis. Most often, health care professionals suspect the diagnosis of appendicitis based on your symptoms, your medical history, and a physical exam. A doctor can confirm the diagnosis with an ultrasound, x-ray, or MRI exam.

93. Appendix B

Mental illness is a general term which refers to a group of cognitive, emotional, and behavioral disorders. This section does not cover the full range of disorders; it aims to give you some awareness of the main disorders.

Your role is not to diagnose a worker and you should seek professional advice and help as required.

The main disorders that will be dealt with here are: mood disorders (such as depression and bipolar disorder)
anxiety disorders (such as post-traumatic stress disorder and phobias)
psychotic disorders (such as schizophrenia and some forms of bipolar disorder).

94. Notes

95. Index

The social dysfunction index (SDI) is a new measure designed to assess social dysfunction in schizophrenia and other severe mental illnesses. It is intended to serve clinical and research purposes. Raters can be readily trained and there is low respondent burden with its use. Schizophrenia symptom severity can be evaluated via a range of measures, including the Positive and Negative Syndrome Scale (PANSS), a medical scale used for measuring symptom severity of patients with schizophrenia, the PANSS sub-component PANSS positive Marder factor score and PANSS negative Marder factor score
Specify current severity: Severity is rated by a quantitative assessment of the primary symptoms of psychosis, including delusions, hallucinations, disorganized speech, abnormal psychomotor behavior, and negative symptoms.

96. About the Author

The author herself Karina Curras Torres a young adult woman who suffers from the condition of psychosis

better known as Schizophrenia Paranoid since 2015 in the late month of April where the condition is produced by an imbalance in the brain after this event of psychosis, she went to have her first published book:" My Story of Schizophrenia Experiences"

97. Copy Rights

The copyrights of this book are reserved and cannot be copied or translate by other users on the Internet for all rights reserved of the author.

98. About the Publisher

This published book is from the city of Kurabo, Puerto Rico from the author herself Karina Curras Torres a young adult woman who suffers from the condition of psychosis better known as Schizophrenia since 2015 in the late month of April where the condition is produced by an imbalanced on the brain.

99. References:

Schizophrenia: Treatment and Recovery – The Ultimate Guide to Modern Treatments for Schizophrenia! (Mental Health, Schizophrenia Paranoia, Mental Illness) (English) de Sophia Hudson (Autor) Schizophrenia Wikipedia

One hundred The Recovery Model

The recovery model is that when I hope to have become in the full recovery, I would be glad to see the progress of my condition that has long be with me since 2015. It has been a long recovery but the hopes are still there to see each day of my life when I am beginning to have a new life chapter to see and is this part I earn the most to have is great that I don't use the same medications as before but still have to take care of my mental health and body has also but I remember always that I am not alone in this cycle of my life some others schizophrenics still

struggle with the depression and anxieties that produced this kind of condition whether being environmental or some kind of paranormal activity that tends to occur the extend to damage one's life mental health and need to have help always of friends or family members and the doctors that are willing to help in the recovery cycle of each one of us. Everybody can be affected by this condition caused by stress or lack of sleep or other conditions of health or by mental illness from the inheritance of family linage.